



Product Spotlight: Pearl Barely

Barley is a member of the grass family and is a major cereal grain grown in temperate climates globally. It was thought to be first cultivated over 10,000 years ago!



Pearl Barley Risotto

Warm and hearty pearl barley risotto cooked with tomato sugo and sweet potato, served with a goat cheese dolloped to finish, and fresh watercress.



40 minutes



4 servings



Vegetarian

Spice it up!

Instead of adding water to cook the risotto, you can use your favourite stock to give extra flavour. Sprinkle over some dried chilli flakes and serve with a lemon wedge.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	20g	20g	32g

FROM YOUR BOX

BROWN ONION	1
CELERY STICKS	2
SWEET POTATO	300g
PEARL BARLEY	1 packet (200g)
TOMATO SUGO	1 jar
WATERCRESS	1 sleeve
GOAT CHEESE	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme

KEY UTENSILS

large frypan with lid

NOTES

You can substitute dried thyme with dried or fresh rosemary, fennel seeds or Italian herbs.

No gluten option – pearl barley is replaced with arborio rice. Cook with 2 1/2 jars water then follow remaining instructions.



1. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Dice onion and slice celery. Add to pan as you go, along with **1 tbsp dried thyme** (see notes), and sauté for 3-4 minutes until onion begins to soften.



2. ADD THE PEARL BARLEY

Dice sweet potato. Add to the pan along with pearl barley and stir to combine.



3. SIMMER THE RISOTTO

Pour in tomato sugo and **2 jars water**. Season with **salt and pepper** and stir well. Simmer, covered, for 30 minutes. Stir occasionally while cooking.



4. FINISH AND SERVE

Trim watercress.

Evenly divide risotto among shallow bowls. Dot over cheese and serve with watercress.



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