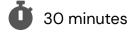




Pearl Barley Risotto

with Lemon Butter Fish

This rustic take on classic risotto will have you reaching for seconds. Nutty pearl barley, tomato-based sauce, lemon & butter fried fish and a crunchy sugar snap pea & feta topping.





2 servings



Cooking for fussy eaters?

You can serve wedged tomato and trimmed peas fresh on the side. Keep cooked pearl barley separate, potentially tossed with a little oil, pepper, salt, and fried garlic & onion.

FROM YOUR BOX

PEARL BARLEY	150g
RED ONION	1/2 *
GARLIC CLOVE	1
TOMATOES	2
LEMON	1
SUGAR SNAP PEAS	1/2 bag (75g) *
MINT	1/2 bunch *
FETA CHEESE	1/2 block *
WHITE FISH FILLETS	1 packet

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil + oil/butter for cooking, salt, pepper, dried oregano, 1/2 stock cube (of choice, we used chicken), vinegar (of choice, we used white wine)

KEY UTENSILS

2 frypans, saucepan

NOTES

For extra flavour, season fish with lemon pepper.

No fish option - white fish fillets are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.

No gluten option - pearl barley is replaced with quinoa. Reduce cooking to time to 15 minutes.



1. COOK THE PEARL BARLEY

Place barley in a saucepan and cover with water. Bring to the boil and simmer for 20 minutes, or until tender but still firm. Drain and rinse briefly.



2. MAKE THE RISOTTO BASE

Heat a frypan with oil/butter over medium-high heat. Slice onion, crush garlic and chop tomatoes, adding to pan as you go with 1 tsp lemon zest and 1 tsp oregano. Cook for 3 minutes, then add 1/2 cup water and crumbled stock cube. Simmer for 8-10 minutes.



3. MAKE THE FRESH TOPPING

Trim and slice sugar snap peas and mint. Toss in a bowl with crumbled feta cheese (to taste), 2 tsp olive oil, 1 tsp vinegar, salt and pepper.



4. COOK THE FISH

Heat a frypan with 1 tbsp butter over medium-high heat. Toss fish with salt and pepper (see notes). When butter is foaming, add the fish. Cook for 3-4 minutes each side, then squeeze over juice from 1/2 lemon.



5. FINISH THE RISOTTO

Add pearl barley to the risotto frypan. Stir well and season to taste with **salt and pepper.**



6. FINISH AND PLATE

Serve risotto into shallow bowls, top with fish and fresh topping. Add a lemon wedge on the side.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



