



DINNER TWIST
LOCAL. HEALTHY. DELIVERED




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!



L2 Pearl Barley Risotto

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

 40 minutes

 2 servings

 Vegetarian

8 April 2022

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** 39g **TOTAL FAT** 40g **CARBOHYDRATES** 57g

FROM YOUR BOX

BROWN ONION	1
CELERY STICK	1
SWEET POTATO	1
PEARL BARLEY	1 packet (100g)
TOMATO SUGO	1 jar
WATERCRESS	1 sleeve
SOFT CHEESE	1 packet

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 1 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 **2 tsp dried thyme**, 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 **1 jar 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.

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

