

Mushroom Barley Risotto

This high fibre take on a mushroom risotto doesn't compromise on flavour! Mushrooms are full of umami (a rich savoury flavour) and come in all shapes and sizes! You can opt for a mix or just stick with your favourite. It's a great recipe for Autumn when wild mushrooms are in season. We use pearl barley because it's easy to find and cooks a little quicker, but you can also use spelt or farro.

INGREDIENTS

- 1 tbsp olive oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 400g mixed mushrooms, thinly sliced
- 1 tsp thyme
- 250g pearl barley, rinsed
- 1L vegetable stock (2 stock cubes)
- 50g parmesan, grated
- 200g frozen peas
- Parsley, finely chopped (optional)
- Salt and pepper

NOTES

You can freeze this risotto for up to 3 months - simply defrost in the fridge overnight and reheat in the microwave or on the hob.

You can also garnish this risotto with toasted walnuts - a great source of healthy fats. Roughly chop them and toast in a dry pan over a medium heat for 5 minutes or so and then scatter over the top when serving.



Serves 4



Cost per serving: £2.48



Time to make: 35 mins



METHOD

1. Add 1 tbsp of oil to a saucepan on a medium heat.
2. Add the onions and cook for 5-8 mins until golden and soft.
3. Add the garlic, thyme, sliced mushrooms and pinch of salt and cook for 5 minutes more until the mushrooms reduce in size and soften.
4. Add the rinsed pearl barley, stir for a minute and then add the vegetable stock. Bring to the boil and then reduce to a simmer - cook for around 30 minutes, stirring occasionally until the barley is tender. Add more stock if needed.
5. Stir through the parmesan and frozen peas until the peas are cooked and parmesan is melted- add a little water if needed.
6. Season to taste with salt and pepper.
7. When ready, turn off the heat and stir through the parsley (if using).
8. Serve with more grated parmesan on top, parsley and plenty of black pepper.