



**Pearl Barley and pumpkin risotto with balsamic red onion,
Persian feta and baby spinach**

200g pearl barley
 1 clove crushed garlic
 ½ brown onion, finely chopped
 50ml white wine
 1.5L vegetable stock (boiling)
 2x red onion
 1x butternut pumpkin
 80g butter
 80g parmesan
 50g fresh baby spinach
 Persian feta
 Olive oil
 Balsamic
 White sugar
 Sea salt and cracked pepper

Soak pearl barley in water and leave in the fridge (ideally for 24hours).
 Cut red onion into wedges and lay on baking paper. Dress with olive oil and balsamic quite generously and season with salt, pepper and sugar. Cook in the oven for approx. 30mins at 160°

Peel and dice half of pumpkin, coat with oil, season well and roast at 180° until just cooked. Roughly chop and boil other half of pumpkin and then puree.

Saute the onion and garlic with olive oil and then add the pearl barley (which has been drained) and white wine. Add stock gradually until all stock is absorbed.

To finish add the puree to the pearl barley over heat along with the butter and parmesan and season well. The risotto should be loose, but not watery. Add a bit more stock if it is too dry.

Serve risotto in bowls and garnish with diced pumpkin, red onion, Persian feta and spinach and drizzle a little olive oil to finish.

ENJOY ☺