

Pearl Barley Risotto (Per Person)

Ingredients

- **40g pearl barley** (about 3 tbsp)
- **½ small yellow courgette**, diced
- **⅓–½ cup asparagus**, chopped
- **⅓–½ cup baby corn**, sliced
- **1 tsp olive oil**
- **2–3 tbsp finely chopped onion or fennel** (optional)
- **½ clove garlic** (optional)
- **300 ml warm vegetable stock** (low salt)
- **Black pepper**
- **¼–½ tsp dried thyme or mixed herbs**

Optional finish

- Squeeze of lemon juice
- Small sprinkle grated Parmesan or nutritional yeast

Method

Follow the same steps, just scaled:

1. **Build the base**
Heat oil, cook onion/fennel ~5 mins, add garlic (30 sec).
2. **Toast the barley**
Stir barley 1–2 mins to coat.
3. **Add stock gradually**
Add a little stock at a time, stirring regularly over **30–35 mins**.
4. **Add veg in stages**
 - After ~15 mins → baby corn
 - After ~20–25 mins → courgette + asparagus
5. **Finish**
When tender but slightly chewy, rest 2–3 mins, add lemon + optional cheese, season.

 **Same benefits:** low GI, high fibre, steady energy, filling and heart-healthy.