

Barley Risotto with Mushrooms, Peas and Prawns

Makes 5 servings

1 Tbsp	olive oil
2 cloves	garlic, minced
½	onion, chopped
1 cup	mushrooms, sliced
1 ½ cups	pearl or pot barley
¼ cup	white wine (or ¼ cup low sodium vegetable stock)
3 ½ cups	low sodium vegetable stock
1 cup	fresh tomato, diced
1 cup	green peas
20 - 25	prawns, thawed if frozen
	salt and pepper to taste
	grated parmesan cheese
	cilantro, chopped for garnish

1. Saute onion and mushrooms in olive oil until softened.
2. Add the garlic and cook until brown.
3. Add a drizzle more olive oil and barley. Stir. Cook for 5 minutes.
4. Add white wine, 3 cups of the vegetable stock, tomatoes, salt and pepper.
5. Bring to boil, cover and simmer for 25 minutes, stirring occasionally. Mixture should be creamy. If needed, add a little more vegetable stock.
6. Add the prawns and cook another 5 to 7 minutes.
7. Stir in the parmesan at the end of cooking.
8. To serve, line a small bowl (1 cup volume) with 3 to 4 prawns and fill bowl with risotto. Pack firmly. Flip onto individual serving plate and sprinkle with cilantro.
9. Serve with a side of colourful cooked vegetables or salad.

Recipe adapted from: Genius Kitchen