

## **Pearl Barley risotto with beetroot and goat's cheese – serves 4**

Put the wow-factor into your midweek supper with this colourful pearl barley 'risotto'.



### **Ingredients**

2 tbsp. olive oil  
1 red onion, finely chopped  
250 g (9oz) pearl barley  
2 beetroots, peeled and grated  
100 ml (3½ oz) dry white wine  
1 l (2½ pint) vegetable stock  
100 g (3½oz) frozen peas  
150 g (5oz) soft goats' cheese  
Handful basil leaves, roughly chopped

### **Method**

1. Heat oil in a large pan over medium heat and fry onion for 5min, until softened. Stir in the pearl barley and beetroot. Next add the wine and bubble for a few minutes.
- 2 Add the stock, a couple of ladlefuls at a time, stirring well after each addition. Only add the next ladle of stock when the previous one has largely been absorbed. Continue cooking in this way until the pearl barley is tender – about 35-40min.
- 3 Stir through the peas, check seasoning and crumble over the goats' cheese. Scatter over basil and serve.



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