

Pearl barley risotto with roasted pumpkin

Ingredients from the pantry

1 $\frac{3}{4}$ cups of pearl barley

1.5 litres of vegetable stock

Shaved parmesan to serve

2 tablespoons extra virgin olive oil

Ingredients from the garden

$\frac{1}{2}$ butternut pumpkin peeled cut into 2cm cubes

2 red capsicums cut into large chunks

1 onion, finely chopped

Leaves from thyme sprigs

$\frac{1}{2}$ cup chopped flat leaf parsley

1 cup wild rocket

2 garlic cloves finely chopped

Method

1. Preheat the oven to 200 degrees Celsius

Place the pumpkin and capsicum in a small baking dish, drizzle with 1 tablespoon oil and season with sea salt and freshly ground black pepper, then toss to coat. Roast for 30 minutes turning halfway until vegetables are tender. Remove from the oven until tender.

2. Meanwhile heat the remaining oil in a large saucepan over medium low heat. Add the onion, garlic, and thyme leaves and cook gently stirring occasionally for 6–8 minutes until all the stock has been absorbed. Add the pearl barley and stir for 1 minute to coat the grains. Add 1 $\frac{1}{2}$ cups stock and continue in this way until all the stock is absorbed and the barley is tender but still firm to the bite.

3. Stir in the chopped parsley, roast pumpkin and capsicum. Season the risotto to taste, and then divide among bowls and serve topped with rocket and parmesan