



UCCOOK

Mushroom & Barley Stew

with crème fraîche & exotic mushrooms

Quick, hearty, and delicious. Prepare to meet your new fave winter recipe! Tender pearl barley meets exotic mushrooms, simmered to perfection in a savoury vegetable stock broth. Creamy crème fraîche adds a luxurious touch. Let's get cosy, Chef!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Morgan Otten

 Veggie

 Waterkloof | Circumstance Viognier

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

75ml	Pearled Barley
10ml	Vegetable Stock
100g	Mixed Exotic Mushrooms <i>wiped clean & roughly chopped</i>
1	Onion <i>½ peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
120g	Carrot <i>rinsed, trimmed, peeled & finely diced</i>
1	Celery Stick <i>rinsed & finely chopped</i>
125g	Button Mushrooms <i>wiped clean & roughly sliced</i>
100g	Cooked Chopped Tomato
5ml	Smoked Paprika
30ml	Crème Fraîche
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. BARLEY Place the pearl barley in a pot with the stock and 400ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until al dente, 25-30 minutes (stirring occasionally). Drain and cover.

2. MUSHROOMS Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the chopped exotic mushrooms until golden, 5-6 minutes (shifting occasionally). Remove from the pan and season.

3. AROMATICS Return the pan to a medium heat with a drizzle of oil. When hot, fry the diced onion, the grated garlic, the diced carrot, the chopped celery and the sliced button mushrooms until golden, 5-7 minutes (shifting occasionally). Add in the cooked chopped tomato, 150ml of water, a sweetener, and the smoked paprika, simmer until thickening, 8-10 minutes (shifting regularly). In the final 4-5 minutes, add the cooked barley. Remove from the heat, stir through the crème fraîche and season.

4. GET NOSHING! Bowl up a hearty helping of the mushie & barley stew and scatter the cooked exotic mushrooms on top. Garnish with the chopped parsley. Well done, Chef!

Nutritional Information

Per 100g

Energy	367kJ
Energy	88kcal
Protein	2.8g
Carbs	14g
of which sugars	3.1g
Fibre	3.4g
Fat	2.3g
of which saturated	1.3g
Sodium	217mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days