

UCCOOK

Leek & Mushroom Barley Risotto

with a pear salad

Hands-on Time: 25 minutes

Overall Time: 45 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Jade Summers

Nutritional Info	Per 100g	Per Portion
Energy	393kJ	2055kJ
Energy	94kcal	491kcal
Protein	4.5g	23.3g
Carbs	16g	85g
of which sugars	4g	20g
Fibre	4g	20g
Fat	1.6g	8.5g
of which saturated	0.6g	3.2g
Sodium	168.1mg	879.9mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Leeks <i>trim at the base</i>
125g	250g	Mixed Exotic Mushrooms <i>wipe clean & roughly slice</i>
1	1	Garlic Clove <i>peel & grate</i>
3g	5g	Fresh Thyme <i>rinse & finely chop</i>
50ml	100ml	Pearled Barley <i>rinse</i>
1 sachet	1 sachet	Vegetable Stock
20ml	40ml	Grated Italian-style Hard Cheese
50ml	100ml	Low Fat Cottage Cheese
20g	40g	Spinach <i>rinse</i>
10ml	20ml	Lemon Juice
1	1	Pear <i>rinse, core & cut into bite-sized pieces ½ [1]</i>
20g	40g	Green Leaves <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. MUSHROOMS & LEEKS Place a pot over medium-high heat with a drizzle of oil. Rinse the leeks, and roughly slice. When hot, fry the leeks until soft, 2-3 minutes (shifting frequently). Add ½ the mushrooms and fry for 3-4 minutes until soft and golden. In the last minute, add the garlic, and the thyme and fry for 1 minute until fragrant, shifting constantly.

2. TAKING STOCK Add the barley, the stock, and 350ml [700ml] of water to the pot. Bring to a boil, then reduce the heat, and simmer until the barley is cooked through, 20-25 minutes (stirring occasionally as the water is absorbed and adding more only if required).

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

4. CHEESY SPINACH When the barley is al dente, stir through ½ the grated Italian-style hard cheese, and the cottage cheese. Mix until combined. Loosen with a splash of warm water if it's too thick. Add the spinach, ½ the lemon juice, and seasoning.

5. PEAR SALAD To a bowl, add the pear, the green leaves, the remaining lemon juice, and seasoning.

6. READY FOR RISOTTO? Generously pile up the creamy barley risotto and top with the fried mushrooms. Sprinkle over the remaining cheese, and side with the fresh pear salad. Time to dine, Chef!