



Serves: 4

# Pearl Barley Risotto

## Ingredients

- Pearl barley, soak for 12 hours 200g
- Yellow pumpkin, peeled and diced 160g
- Concentrated Chicken Stock 1 tbsp
- Onion, finely chopped 40g
- Water 150ml
- Chives, freshly chopped 5g
- Olive oil 2 tsp

## Tips:

- Use more water when cooking whole-grains, as whole-grains absorb more water than refined grains.
- Use fresh ingredients, herbs and spices or low sodium seasonings as flavour enhancers for soup stock.
- Colourful fruit and vegetables are packed with nutrients and phytochemicals, so add them to rice, noodle and even meat dishes for nutritious and balanced meal.

## Method

- Steam pumpkin and onion until soft.
- Blend with water and chicken stock to make pumpkin cream.
- Sauté barley in olive oil and add pumpkin cream.
- Bring to boil and add water if necessary.
- Sprinkle with chives and serve.

## Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 216kcal  
Protein 5.5g  
Total fat (g and % of total calories)  
3.1g (12.6%)  
Saturated fat 0.5g  
Cholesterol 0mg  
Carbohydrate 43.3g  
Dietary Fibre 8.2g  
Sodium 306mg