

Together We Cook





Roasted Vegetable Bowl



Serves 2



Ingredients

	250g un-cooked pearl barley (or buy a ready cooked sachet) (gluten)
	1 vegetable stock cube
	40g frozen peas
	1 x 5ml teaspoon olive oil



½ onion



1 clove garlic



330g sweet potato



100g baby spinach










165g cherry tomatoes



fresh ground black pepper



fresh basil leaves

1		Boil a large pan of water Add vegetable stock cube , stir until dissolved Add pearl barley and cook for 35 mins
		Add peas and cook an extra 3 mins
2		Drain and rinse pearl barley and peas in a sieve Leave to cool in a large bowl in the fridge
4		Finely chop the onion Crush or grate the garlic Peel and chop sweet potato into 1 cm cubes Chop the cherry tomatoes into quarters
5		Heat oil in a frying pan Stir fry onion, garlic and sweet potato until tender
6		Mix together stir-fried vegetables, cherry tomatoes and spinach into the pearl barley and peas
7		Serve in two bowls sprinkled with fresh basil leaves and black pepper

Serving ideas



- Add a few cubes of feta cheese (**milk**) or ½ can kidney beans
- This is delicious as a main course or could Serve 4 people alongside some roast chicken



Variations



1. Add some fresh asparagus
2. Add some fresh or frozen broad beans which are in season now



Leftovers



- A great salad for lunch
- Keep any left overs in the fridge and pack in a sealed box to take with you the next day

