

Roasted Vegetable Bowl



Equipment

Chopping board
Sharp knife
Garlic crusher
Vegetable peeler
1 saucepan
1 frying pan
Large bowl
Measuring spoon
Sieve




Ingredients (serves 2)

250g pearl barley un-cooked, or buy a pre-cooked sachet (**gluten**)
1 vegetable stock cube
40g frozen peas
1 tsp olive oil
½ onion
1 garlic clove
330g Sweet Potato
100g baby spinach
165g cherry tomatoes
Freshly ground black pepper
Fresh basil leaves to garnish

Method

1. Cook the pearl barley. Bring a large pan of water to the boil, add the vegetable cube and stir until dissolved. Add the barley and cook for 35 minutes. Add the peas to the water and cook for an extra 3 minutes.
2. Prepare the vegetables:
 - finely chop the onion
 - crush/grate the garlic
 - peel and chop the sweet potato into 1cm cubes
 - quarter the cherry tomatoes
3. When the pearl barley is cooked, drain and rinse with cold water using the sieve. Place the cooked barley and peas in a large bowl and leave to cool in the fridge.
4. Heat the oil in the frying pan over a medium heat, add the onion, garlic and sweet potato. Stir fry until tender, approximately 5 minutes.
5. Mix the stir fried vegetables, cherry tomatoes and spinach in to the Pearl Barley.
6. Serve in 2 bowls, sprinkle with the basil leaves and freshly ground black pepper.

Together We Cook

	<p>Serving Ideas</p> <p>Add a few cubes of feta cheese (milk) or ½ can kidney beans</p> <p>This is delicious as a main course or could Serve 4 people alongside some roast chicken.</p>
	<p>Variations</p> <p>For a treat some fresh asparagus would be delicious alongside your salad, or use some fresh or frozen broad beans which are in season now.</p>
	<p>Leftovers</p> <p>A great salad for lunch. Keep any left overs in the fridge and pack in a sealed box to take with you the day after.</p>