

Pearl Barley Risotto with Spinach & Pork

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Ingredients:

3 tbsp extra virgin olive oil
1 large onion, finely chopped
500g pork mince
400g pearl barley
200g spinach, roughly chopped
200g peas
1 glass white wine
2 litres vegetable stock
Salt and freshly ground black pepper

Method:

1. Heat the oil in a large saucepan.
2. Add the onion and pork and cook, stirring, until the onion is soft and the pork browned.
3. Meanwhile, add the stock to a pot and keep on a low heat.
4. Stir in the pearl barley, spinach and peas and cook for a couple of minutes.
5. Add the white wine and allow to evaporate.
6. Now gradually add the stock ladle by ladle, waiting until each ladleful has been absorbed before you add the next.

7. Continue until the pearl barley is cooked, about 30 minutes.
8. Remove from the heat, season with salt and black pepper. Serve immediately.

Tips:

1. This makes a large batch of risotto, but it reheats very well the next day, if you do not have 8 people to serve immediately!
2. Whilst the pearl barley is absorbing the stock, stir it every so often.

Serves 8

Prep time: 10 minutes

Cook time: 40 minutes