

WHO DARES SLIMS - RECIPE

Pumpkin & Mushroom Barley Risotto



Tips

Pre-roast your pumpkin! Do this at 200 degrees in the oven for about 40 mins, with a drizzle of olive oil and some mixed herbs.

I use like chestnut or shitake mushrooms. Pick your favourites or even better a mix of all of them!

Ingredients

- 250- 300g of pumpkin or butternut squash (pre-roasted)
- 100-150g of sliced mushrooms
- 1 onion, diced into small pieces
- Pearl barley (1 large handful per person)
- 1 green oxo cube
- Herbs: Chives, thyme & rosemary
- 1 tablespoon of low fat cream cheese

Preparation

1. To make your life easy, start by boiling your pearl barley in a saucepan for about 30 minutes. Drain and put to the side.
2. In another deep frying pan or saucepan fry off the chopped onion with a glug of olive oil and the oxo cube. When they become translucent, add the mushrooms.
3. Once the mushrooms have started to cook (about 5-10 mins) then add in your pre-cooked barley and pumpkin.
4. Add your cream cheese and the first half of your chives then mix thoroughly.
5. Divide into bowls and sprinkle with the remaining chives and dress with some cracked black pepper.