SHOPPING LIST

Mushroom and Barley Hotpot

Serves 4

- [ ] 2 tbsp olive oil
- [ ] 1 onion, diced
- [ ] 2 carrots, diced
- [ ] 2 celery sticks, diced
- [ ] 400 g mixed mushrooms, sliced
- [ ] 3 garlic cloves, crushed
- [ ] 1 tbsp tomato paste
- [ ] 150 g pearl barley, rinsed
- [ ] 1.2 litres vegetable stock
- [ ] 2 tsp fresh thyme leaves (or 1 tsp dried)
- [ ] 1 bay leaf
- [ ] 1 tbsp soy sauce
- [ ] Salt and black pepper
- [ ] A handful of chopped parsley, to serve

Tick off what you already have at home.