HEARTY & GROUNDING

Mushroom and Barley Hotpot

PREP	COOK	SERVES
15 min	55 min	4

Vegan Vegetarian

A one-pot stew of browned mushrooms, root vegetables and chewy pearl barley.

Ingredients

- 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

Method

1. Heat half the oil in a large pot over high heat. Fry the mushrooms in two batches for 5 to 6 minutes each, until deeply browned. Set aside.
2. Lower the heat and add the rest of the oil. Cook the onion, carrots and celery for 8 minutes, until soft.
3. Stir in the garlic and tomato paste and cook for 1 minute.
4. Add the barley, stock, thyme and bay leaf. Bring to the boil, then simmer partly covered for 35

to 40 minutes, until the barley is tender.

5. Return the mushrooms to the pot with the soy sauce and simmer for 5 more minutes. Add water if it gets too thick.

6. Season with salt and pepper, remove the bay leaf and serve with parsley.

Cook's tip

Do not crowd the pan when browning the mushrooms. If they steam instead of sizzle, cook them in smaller batches.