



Barley and Lentil Stew

A hearty winter vegetarian stew than can accompany a meat dish, or be eaten on its own.

Serves : 4
Preparation Time : 30 minutes
Cooking Time : 20 minutes

Ingredients

1 carrot
1 onion
2 cloves of garlic
2oz / 50g butter
4 oz / 110 g barley
2.5 litres vegetable stock
4 oz / 100g Puy lentils
bunch of fresh parsley, finely chopped.
salt and pepper seasoning

Herbs & Spices

1 tsp Allspice Whole
1 tsp Peppercorns Black
2 Bay Leaves

Cooking Instructions

Finely dice the vegetables. In a heavy based pan, melt the butter, stir in the veg and fry gently until soft. Add the barley, spices and bay leaves, pour in the stock and bring to a simmer. Cook gently for 30 minutes.

Rinse the lentils, then add them to the pot. Cook for a further 20 minutes. Season to taste, then stir in the parsley before serving.