

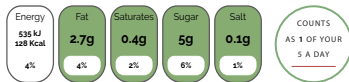
The image shows three bowls of a hearty soup or broth. The bowls are made of light-colored ceramic with a dark brown, rustic-style rim. They are filled with a clear, light-colored broth. The ingredients include small, white, pearl-shaped barley grains, chunks of pale potatoes, vibrant green leafy herbs (likely parsley), and small yellow flowers. The bowls are arranged on a dark, weathered wooden surface, which adds to the rustic and natural feel of the dish. The lighting is soft and natural, highlighting the textures of the ingredients.

English Pearl Barley, Parsley & 5 Root Broth



English Pearl Barley, Parsley & 5 Root Broth

SERVES 2, SOURCE OF FIBRE



INGREDIENTS:

2 tbsps. oil
120g onion, finely diced
80g celeriac, finely diced
120g swede, finely diced
50g parsnip, finely diced

160g carrot, finely diced
4 sprigs of thyme, leaves
picked
4 sprigs of rosemary,
leaves picked

1 bay leaf
100g pearl barley
20g parsley, chopped
1 veg stock cube,
prepared

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EQUIPMENT:

Chopping Board
Knife
Pan
Boiling Water

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METHOD:

1. Sweat all the vegetables down along with the thyme, bay leaf and rosemary.
 2. Add the stock and the barley and cook till the barley is tender.
 3. Stir in the parsley and serve.
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