



## **INGREDIENTS** (Serves 4)

4 servings pearl barley (orge perlé), 4 handfuls kale, 2 vegetable stock cubes, 2 tin plum tomatoes, 2 handfuls whole black pitted olives, 2 white onions, diced largely, 2 sweet red peppers, diced largely, 1 butternut squash, diced largely, 2 tin chickpeas, 4 tsp smoked paprika, 2 tbs nutritional yeast, Sea salt & black pepper to taste, Lemon juice, Fresh flatleaf parsley.

## **METHOD** (Prep time 5 minutes. Cooking time 90 minutes)

1. Boil the pearl barley in a separate pan for approximately 30-40 minutes.
2. In a large stew pan, fry off the onion until lightly browned, adding in each of the seasonings.
3. Add the butternut squash and a touch of water to help it soften. Steam for around 10 minutes.
4. Add the remaining vegetables and steam for a further 5 minutes.
5. Add the vegetable stock and tinned tomatoes, bringing the whole mix to the boil.
6. Simmer for another 30 minutes, adding the chickpeas and kale after around 20 minutes.
7. Stir in the pearl barley and stir thoroughly.
8. Serve with a sprig of parsley on the top! Season to taste.