

Orzotto with Roast Pumpkin

Serves: 4

From the garden: onion, pumpkin, capsicum, thyme, parsley, rocket, garlic

Ingredients:

- 1 3/4 cups pearl barley
- 1.5 litres vegetable stock
- 2 tbsp e.v. olive oil
- Shaved parmesan
- 300g pumpkin, (after peeling), cut into 1 cm cubes
- 1 red capsicum
- 1 onion
- 2 thyme sprigs
- 1/4 cup chopped parsley
- 1 cup rocket leaves
- 2 garlic cloves, peeled and crushed

Equipment:

basic toolbox, chopping board, small saucepan, sauté pan, large knife, parmesan grater, ladle

Method:

1. Preheat oven to 220° C.
2. Place stock in medium saucepan, on high heat and bring to the boil.
3. Peel and chop pumpkin into 1 cm cubes.
4. Wash and dry red capsicum thoroughly. Chop into 2 cm pieces.
5. Place pumpkin and capsicum in a medium mixing bowl. Drizzle with olive oil and toss to coat.
6. Spread out onto baking tray, lined with baking paper. Place in hot oven and roast for 30 mins or until tender.
7. *While the pumpkin and capsicum is roasting...*
Wash and dry parsley thoroughly. Chop into a chiffonnade.
8. Peel and chop the onion into a fine dice. Place into a sauté pan with 1 tbsp of olive oil. Place on stove burner on medium heat. Add garlic and thyme leaves and cook gently.
9. Measure out pearl barley and add to pan. Stir for 1 minute to coat the grains.
10. Then just cover with hot vegetable stock. And cook on medium heat. Stir occasionally until all the stock is absorbed. Then add more stock and repeat process until pearl barley is tender but still firm to the bite.
11. Finally stir in the roasted vegetables and parsley.
12. Season the orzotto to taste with freshly ground black pepper and sea salt.
13. Place in serving bowls and serve topped with rocket and shaved parmesan.

Enjoy!

Tasks within two * __* means please get an adult to help.

Recipe reference: adapted from King Valley SAKG kitchen recipes