



## Sweet Potato & Barley Stew with Goat's Cheese

This sweet potato, pearl barley, and goat's cheese stew is a highly nutritious vegetarian meal. Packed with fibre and a great source of vitamins and Iron, this meal is sure to help keep your immune system strong and your energy high!

### Ingredients

- Onion
- Vegetable Stock
- Garlic
- Goat's Cheese
- Pearl Barley
- Parsley
- Sweet Potato
- Spinach
- Tomato Puree

### Your Pantry

- Olive Oil

### Nutritional Info

Calories: 539 kcal  
Carbohydrates: 92.3g  
Protein: 18.2g  
Fat: 11.3g

### Allergens

Gluten (barley)

Milk (cheese)


Celery (Stock Cubes - may also contain traces of Egg, Soya & Mustard)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



# METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



## 1) Boil the kettle

## 2) Prepare the vegetables

Peel and finely chop the onion. Peel and crush the garlic. Finely chop the parsley. Peel and chop the sweet potato into 1.5cm cubes. Make the stock up to 225ml *per person*.

## 3) Saute the vegetables

Place a saucepan (one big enough to hold the stew), on medium heat with a drizzle of oil. Add the onion and cook for 3-4 minutes or until the onion is soft. Add the garlic and cook for a further 2-3 minutes.

## 4) Cook the stew

Add in the barley, tomato puree, sweet potatoes and stock. Bring to a simmer and cook for 15-20 minutes, or until the barley and sweet potato are tender and cooked to your liking. Once the barley is cooked, stir in the spinach and parsley and cook until wilted. Season with salt and pepper to taste, then switch off the heat.

## 5) Plate the dish

Serve the stew in bowls and dot the goat's cheese over the top. Enjoy!



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