Recipe

mushroom barley risotto

for a family of 4

Our mushroom barley risotto is a warm and comforting dish made with soft pearl barley, gentle mushrooms, and butterbeans, all cooked together in a creamy, cheesy sauce. Serve with peas and broccoli and it's a nourishing meal that's perfect for happy little tummies.

Ingredients

a glug of oil

1 red onion - chopped

1 punnet of mushrooms - chopped

2 sprigs of rosemary leaves - chopped

2 sprigs of thyme leaves - chopped

300g of pearl barley

600ml water

500ml milk

1 tin of butterbeans blended with water in tin (these could be added whole if no blender)

15g of dried porcini

15g of nutritional yeast

a pinch of black pepper

70g italian cheese - grated

115g of creme fraiche

juice from ½ a lemon

Method

Heat oil in a wide, deep pan over medium heat and cook the onions until soft.

Add the mushrooms and cook until lightly golden.

Stir in the garlic, thyme and rosemary and cook for just 1 minute until fragrant.

Add the pearl barley, water,milk, butterbeans, porcini powder, nutritional yeast and black pepper.

Bring to the boil, then simmer gently for at least 1 hour until the pearl barley is cooked and soft to bite and sauce has thickened.

Add grated italian cheese and creme fraiche and stir well to melt into sauce.

Once you are ready to serve, give a squeeze of lemon over your risotto for a final hit of fresh flavour.

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Nutritious delight with every bite

Please note: This recipe is correct at the time of publication on 09/02/2026.
As we are continuously improving our recipes, it is essential to check the label on the dish packaging.