



Globally Inspired Flavor Solutions®

With Peruvian-inspired tastes of cilantro, onions and Aji pepper, this rich and comforting dish is beyond craveable. Ideal for both brunch or dinner.

Barley Risotto with Aji Pesto and Poached Eggs

Yield: 4 servings

INGREDIENTS	MEASUREMENTS	NUTRITION FACTS (per serving)
Onions, diced	2	Calories 240 Fat 14g Cholesterol 25mg Sodium 500mg Carbohydrate 12g Fiber 2g Sugars 3g Protein 12g
Garlic cloves, sliced	3	
Olive oil	2 tbsp	
Pearl barley	1 cup	
SupHerb Farms Fusions® Aji Pesto	2 tbsp	
Dry white wine	1/2 cup	
Vegetable broth, heated	7 cups	DIETARY STATEMENTS
Salt and pepper	1/4 tsp	Nut Free
Poached eggs	4	
Pickled beets, thinly sliced	1/2 cup	
Crumbled goat's cheese	1/2 cup	
Micro greens	1 cup	

PREPARATION

1. Sauté onions and garlic in olive oil over medium-high heat until softened, about 3 minutes.
2. Add barley; stir constantly until grains are well coated and lightly toasted, about 3 minutes. Stir in Pesto.
3. Pour in wine; continue stirring as barley absorbs liquid. Add heated broth, 1 cup at a time, stirring constantly to allow each addition be absorbed before adding more. Continue stirring in hot broth until risotto is creamy and barley is tender, about 45 minutes.

TO SERVE

Top each portion of risotto with 1 poached egg, beets, cheese and micro greens.

TIPS

- If preferred, poached eggs can be replaced with peeled soft-boiled egg halves.