



Pearl Barley & Lentil Soup

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons kibbles onion
- 2 teaspoons garlic powder
- 1 teaspoon chopped fresh rosemary
- 1 teaspoon smoked paprika plus more for serving
- 100g split green peas
- 100g pearl barley
- 1 litre vegetable stock
- Pinch of baking soda
- 1 bay leaf
- Freshly ground pepper
- 1 tablespoon soy sauce
- 2 tablespoons chopped fresh parsley

1. Heat oil in a large pot over medium heat. Add all of the ingredients and stir for 2 minutes.
2. Add 800ml of the stock. Bring to a boil and then reduce to a simmer. Continue to cook until peas are very soft and the barley is pleasantly tender and chewy, about 45-60 minutes, according to taste.
3. Season the soup to taste with salt and pepper. Serve with a sprinkle of smoked paprika and chopped parsley.