

More than 1 hour

Serves 4-6

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Ingredients:

- 3-4 (about 1kg) small butternuts, halved and deseeded
- 2 Tbsp (30ml) olive or canola oil
- Salt and milled pepper
- 1 large onion, chopped
- 3 cloves garlic, chopped
- 2 sprigs rosemary and/ or 5 sprigs thyme, leaves picked
- 2 salad tomatoes, grated
- 1 large packet (100g) tomato paste
- 2 cups (500ml) pearl barley (or wholegrain of choice)
- ⅓ cup (80ml) red wine (optional)
- 2 tsp (10ml) smoked or regular paprika
- 1 tsp (5ml) black mustard seeds
- 4 cups (1L) vegetable stock
- Handful pumpkin seeds, for serving
- Handful baby spinach and/or rocket, for serving

GOOD IDEA:

Roast a packet of vine tomatoes with the butternut and serve on top of the barley filling.

Method:

1. Preheat oven to 200°C.
2. Score necks of butternuts - this will ensure even cooking.
3. Place on a roasting tray, cut-side up, drizzle with half the oil and season.
4. Roast butternuts for 40-50 minutes or until tender and caramelised.
5. Heat remaining oil in a pot.
6. Sauté onion for 8-10 minutes.
7. Add garlic and fry for another minute.
8. Add herbs, grated tomato, tomato paste and barley and cook for 1-2 minutes.
9. Stir through wine, if using, and allow to reduce slightly.
10. Add in paprika, mustard seeds and stock.
11. Season well.
12. Simmer for 20-25 minutes or until barley is tender, stirring regularly.
13. Spoon barley into butternuts, sprinkle with pumpkin seeds and top with baby spinach/rocket just before serving.