

Healthy, Tasty, Convenient!

Deli 4 You
MARKET



Kashotto with green peas, sun-dried tomatoes with basil and bio cider vinegar



6 SERVINGS



45 MINUTES



EASY

Ingredients:

- 2 shallots
- 2 bags of pearl barley Kupiec
- 2 tablespoons of your favorite Lowell Foods butter
- A glass of dry white wine
- A glass of vegetable broth
- A glass of green peas
- Dried tomatoes with garlic, Kamis spice
- 3 tablespoons of mascarpone cheese,
- 3 tablespoons of sliced canned tomatoes, Pudliszki
- Organic cider vinegar
- Salt / pepper in the grinder
- Tablespoon of sliced green olives

Preparation:

1. Chop the shallots finely, heat up a tablespoon of butter in a frying pan, add the chopped onion. Stew gently.
2. Crush the garlic, put it in the pan, when the garlic cloves are browned, take them out so that they do not give up the bitterness.
3. Then take the barley groats out of the bags and put them in the frying pan, add salt and white wine.
4. While the groats are stewing, chop the olives.
5. When the wine has evaporated, add the broth and then the peas. We add canned tomatoes. Season with dried Kamis tomatoes. Finally, let's have a spoon of mascarpone. Mix everything, serve, with parsley.



Enjoy!