

SOYER-INSPIRED REFORM SOUP

THE GREAT
EXHIBITION
ROAD FESTIVAL

Serves 4, Prep time: 10, Cook time: 30

Ingredients

For the Soyer-Inspired Reform Soup:

- 2 tbsp vegetable oil
- 2 large onions, diced
- 2 carrots, diced
- 1 leek, sliced
- 1 small potato, diced
- 100g pearl barley
- 1.5L vegetable stock
- 1 tsp salt (adjust)
- Black pepper
- Optional: small handful parsley

Method

1. Heat oil in large pan
2. Add onion, carrot, leek and soften
3. Add potato + barley
4. Pour in stock
5. Simmer for 20-25 minutes
6. Season + finish with parsley