



## Saffron Shellfish with White Barley

### Ingredients

- 300 g White barley
- 600 g Peeled & cleaned shrimps
- 150 g Broad Beans
- 2 cubes MAGGI® Chicken Bouillon Less Salt
- 1000 mL Water
- 2 tbsp Olive oil
- 1 large Onions, finely chopped
- 2 tbsp White vinegar
- 1 pinch Saffron
- 1 tbsp Fresh parsley, chopped
- 1 tbsp Chives, finely chopped
- 2 tbsp Parmesan cheese, grated
- 1 pinch Ground Black Pepper

### Instruction

1. Bring a large pan of water to boil. Add the barley to the hot water for 5 mins, then drain and spread on a tray. Cover and set aside until ready to cook; or chill if you are several hours ahead of serving.
2. Peel and remove the dark intestinal thread of the prawns. Dip the prawns in boiling water for a maximum of 30 seconds, and then refresh in cold water and set aside.
3. Dip the baby broad beans in boiling water for 2 to 3 mins, then drain and slip the beans out of their skins.
4. Prepare a chicken stock by combining the two MAGGI® Chicken Bouillon Less salt cubes and 1 litre of water; bring to a simmer in a pan. Meanwhile, heat the olive oil in a larger pan and sauté the shallot for 3 mins until softened, and then stir in the barley. Cook for about 2 mins, stirring frequently. Add the white vinegar and reduce the heat.
5. Add the chicken stock and stir until absorbed. Then add the broad beans and stir gently. Once this stock is absorbed, check the barley grains. If they are still a little chalky, then add 1 cup of water (this stage only takes 10 mins.)
6. To prepare saffron water, mix the teaspoon of saffron strands with 3 to 4 tablespoons boiling water, then cool.
7. When the barley is creamy, stir in the saffron water followed by the herbs and Parmesan.
8. Divide the barley between warmed bowls. Arrange the prawns on top and scatter with Parmesan shavings and ground black pepper. Serve immediately.

Nutrition

45 Minutes

Carbohydrates

68.54 g

5 Servings

Energy	503.99 kcal
Fats	9.09 g
Protein	39.4 g