



# ***Flying Inspiration***

*Fly with the Feminine ...*

**Gabriella Guglielminotti Trivel's recipes**

## **Barley with fennel and broad beans**

**Suggestions: a very nutritious and cleansing dish, full of minerals and vitamins, perfect for Spring when it is advisable to cleanse our system from winter build up and help revitalize the liver and our intestine.**

### **Instructions**



Fry in olive oil some finely chopped onions, some coconut cream flakes, some sliced fennels, some finely chopped lemon zest and some broad beans.



Let it cook down for some time and then add the barley that you had previously soaked for five hours or overnight. Stir it and let it cook for few moments, then add some vegetable stock to it and let it cook for almost an hour until it is getting dry and soft.



sea salt



Taste it to see if the barley is cooked, if not add some more broth to it and salt, if necessary.

When the barley is soft, serve it with some freshly ground black pepper on top, a bit of extra virgin olive oil, some yeast flakes and some freshly chopped mint.

You can make it more like a soup or drier more like a risotto according to your taste.



If you like this recipe, I would like to read your comments!  
Contact me on [www.flyinginspiration.com](http://www.flyinginspiration.com)