



BARLEY PORRIDGE WITH HAM AND EGGS

SERVES 4

Ham and eggs or porridge?
Why choose when you can have both!
For breakfast or anytime you need a soul
warming simple meal.

INGREDIENTS

- 1/2 cup cider vinegar
- 1/2 cup water
- 3 cup low sodium chicken broth
- 2 Tbsp low sodium soy sauce
- 4 Tbsp olive oil
- 2 cup onion, diced
- 1/2 cup diced deli ham
- 2 cups pearl barley
- 4 large eggs
- 1 tsp salt (or to your taste)
- 1 green onion thinly sliced - for garnish
- optional garnish - micro greens or chopped fresh herbs

DIRECTIONS

Combine the vinegar, water, broth and soy sauce and set aside.

In a medium saucepan over medium heat, heat oil until just shimmering.

Add diced onion and cook stirring occasionally until just golden.

Add the ham and cook for an additional 3 minutes.

Add the barley and broth mixture, stir, bring to a boil.

Once boiling, cover, adjust heat to low and simmer, stirring occasionally, until barley is porridge like.

(about an hour). Season with salt as needed.

In the final 5-10 minutes of simmering your porridge, prepare your eggs by poaching - 3-4 minutes in simmering water for a soft poach.

Portion the porridge into 4 bowls. Top each with a poached egg and garnish with onion and greens.

To meal prep for one or two: You can make the barley porridge ahead of time, store in the fridge and reheat adding a fresh poached and garnish each morning. Alternatively you could top with a sliced pre-cooked boiled egg.

Adapted from David Chang's Pearl Barley Porridge with Ham & Eggs via foodandwine.com

NUTRITION FACTS

Per Serving: 385 Calories, 16g Pro, 35g Carbs, 5g Fibre, 21g Fat

