

# Glorious Grains

## YOU WILL NEED

**1 POUCH MERCHANT GOURMET ITALIAN INFUSED GRAINS 250G (CER340)**  
**45G NUT FREE BASIL PESTO (SCE210)**  
**160G BRUSSELS SPROUTS (QUARTER AND COOK AL DENTE)**  
**40G WATERCRESS, ROUGHLY CHOPPED**  
**50ML ESSENTIAL VEGETABLE STOCK (STO017)**

### TOPPING:

**60G BRUSSELS SPROUTS, RAW & THINLY SLICED**  
**80G MERCHANT GOURMET WHOLE CHESTNUTS, FINELY SLICED (NUT230)**  
**10ML EXTRA VIRGIN OLIVE OIL (EVO203)**  
**10G NUT FREE BASIL PESTO (SCE210)**  
**10G WATERCRESS, ROUGHLY CHOPPED**  
**SALT AND PEPPER**

## PROCEDURE

- 1. FOR THE TOPPING, TOSS ALL THE INGREDIENTS TOGETHER IN A BOWL**
- 2. HEAT THE STOCK TO A BOIL, ADD THE GRAINS STIRRING CONTINUOUSLY FOR A MINUTE TO HEAT THROUGH**
- 3. ADD THE PRE BLANCHED SPROUTS, AFTER A MINUTE ADD THE WATERCRESS**
- 4. STIR IN THE PESTO, PLACE IN A BOWL AND FINISH OFF WITH THE TOPPING**

