Main dishes / Belgium

pearl barley with chicken breast and Belgian endive · Belgium

A complete grain dish with chicken breast, Belgian endive and a Belgium-inspired seasoning.

Time 50 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 280 g pearl barley
- ☐ 500 g Belgian endive
- ☐ 2 g dried thyme
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g chicken breast
- ☐ 20 g wholegrain mustard
- ☐ 10 g fresh parsley

Let's make it.

01 Cook the pearl barley in plenty of water according to its packet, then drain well.

02 Clean the Belgian endive and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the Belgian endive and cook for a few minutes. Add a splash of water, cover and cook for 10 minutes.

04 Cook the chicken breast in a separate frying pan until the centre reaches at least 74°C.

05 Combine the cooked grain, vegetables and main ingredient. Stir in the wholegrain mustard, dried thyme, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

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