Main dishes / Belgium

pearl barley with firm tofu and Brussels sprouts · Belgium

A complete grain dish with firm tofu, Brussels sprouts and a Belgium-inspired seasoning.

Time 50 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 280 g pearl barley
- ☐ 500 g Brussels sprouts
- ☐ 2 g dried thyme
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g firm tofu
- ☐ 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 Brussels sprouts and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the Brussels sprouts and cook for a few minutes. Add a splash of water, cover and cook for 12 minutes.

04 Dice the firm tofu and fry for eight to ten minutes until golden and piping hot.

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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