Main dishes / Belgium

pearl barley with pork tenderloin and white cabbage · Belgium

A complete grain dish with pork tenderloin, white cabbage and a Belgium-inspired seasoning.

Time 50 min **Servings** 4

What you'll need.

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

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

04 Cook the pork tenderloin thoroughly in a separate pan until the centre reaches at least 71°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.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
Original recipe and attribution CC0 1.0
recipes.dvs-services.be / studio-be-04-08-24966c6