Main dishes / Belgium

# pearl barley with pork tenderloin and broccoli · Belgium

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

**Time** 50 min **Servings** 4

## What you'll need.

- ☐ 150 g onion
- ☐ 280 g pearl barley
- ☐ 500 g broccoli
- ☐ 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 broccoli and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the broccoli and cook for a few minutes. Add a splash of water, cover and cook for 7 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.
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