Main dishes / Belgium

pearl barley with firm tofu and courgette · Belgium

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

Time 50 min **Servings** 4

What you'll need.

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

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