Main dishes / Belgium

pearl barley with lentils and turnip · Belgium

A complete grain dish with drained cooked lentils, turnip and a Belgium-inspired seasoning.

Time 50 min **Servings** 4

What you'll need.

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

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

04 Rinse and drain the drained cooked lentils, then heat until piping hot throughout.

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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