Main dishes / Germany

pearled spelt with chicken breast and beetroot · Germany

A complete grain dish with chicken breast, cooked beetroot and a Germany-inspired seasoning.

Time 45 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 280 g pearled spelt
- ☐ 500 g cooked beetroot
- ☐ 1 g caraway seeds
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g chicken breast
- ☐ 20 g German mustard
- ☐ 10 g fresh parsley

Let's make it.

01 Cook the pearled spelt in plenty of water according to its packet, then drain well.

02 Clean the cooked beetroot and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the cooked beetroot and cook for a few minutes. Add a splash of water, cover and cook for 5 minutes.

04 Cook the chicken breast in a separate frying pan until the centre reaches at least 74°C.

05 Combine the cooked grain, vegetables and main ingredient. Stir in the German mustard, caraway seeds, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

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