Main dishes / Germany

pearled spelt with white beans and pumpkin · Germany

A complete grain dish with drained cooked white beans, pumpkin and a Germany-inspired seasoning.

Time 45 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 280 g pearled spelt
- ☐ 500 g pumpkin
- ☐ 1 g caraway seeds
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g drained cooked white beans
- ☐ 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 pumpkin and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the pumpkin and cook for a few minutes. Add a splash of water, cover and cook for 15 minutes.

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

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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