Main dishes / Germany

# pearled spelt with beef strips and frozen peas · Germany

A complete grain dish with beef strips, frozen peas and a Germany-inspired seasoning.

**Time** 45 min **Servings** 4

## What you'll need.

- ☐ 150 g onion
- ☐ 280 g pearled spelt
- ☐ 500 g frozen peas
- ☐ 1 g caraway seeds
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g beef strips
- ☐ 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 frozen peas and cut into small, even pieces. Finely chop the onion.

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

04 Cook the beef strips 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 German mustard, caraway seeds, 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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