Main dishes / Scotland

pearl barley with firm tofu and white cabbage · Scotland

A complete grain dish with firm tofu, white cabbage and a Scotland-inspired seasoning.

Time 50 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 280 g pearl barley
- ☐ 500 g white cabbage
- ☐ 10 g chives
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g firm tofu
- ☐ 15 g wholegrain mustard
- ☐ 2 g dried thyme

Let's make it.

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

02 Clean the white cabbage and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the white cabbage and cook for a few minutes. Add a splash of water, cover and cook for 12 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, chives, dried thyme and taste before serving.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
Original recipe and attribution CC0 1.0
recipes.dvs-services.be / studio-gb-sct-04-06-dd0b87b