Main dishes / Scotland

pearl barley with lentils and cauliflower · Scotland

A complete grain dish with drained cooked lentils, cauliflower and a Scotland-inspired seasoning.

Time 50 min **Servings** 4

What you'll need.

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

03 Heat the oil and soften the onion for five minutes. Add the cauliflower and cook for a few minutes. Add a splash of water, cover and cook for 10 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, chives, dried thyme and taste before serving.

AI-developed, not kitchen-tested.

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