Main dishes / Scotland

pearl barley with chicken breast and green beans · Scotland

A complete grain dish with chicken breast, green beans and a Scotland-inspired seasoning.

Time 50 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 280 g pearl barley
- ☐ 500 g green beans
- ☐ 10 g chives
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g chicken breast
- ☐ 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 green beans and cut into small, even pieces. Finely chop the onion.

03 Heat the oil and soften the onion for five minutes. Add the green beans and cook for a few minutes. Add a splash of water, cover and cook for 12 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 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.
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