Main dishes / Scotland

pearl barley with beef strips and courgette · Scotland

A complete grain dish with beef strips, courgette and a Scotland-inspired seasoning.

Time 50 min **Servings** 4

What you'll need.

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

03 Heat the oil and soften the onion for five minutes. Add the courgette and cook for a few minutes. Add a splash of water, cover and cook for 7 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 wholegrain mustard, chives, dried thyme and taste before serving.

AI-developed, not kitchen-tested.

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