Main dishes / Ireland

pearl barley with white beans and carrot · Ireland

A complete grain dish with drained cooked white beans, carrot and a Ireland-inspired seasoning.

Time 50 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 280 g pearl barley
- ☐ 500 g carrot
- ☐ 10 g fresh parsley
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g drained cooked white beans
- ☐ 15 g wholegrain mustard
- ☐ 10 ml apple cider vinegar

Let's make it.

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

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

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

04 Rinse and drain the drained cooked white beans, then heat until piping hot throughout.

05 Combine the cooked grain, vegetables and main ingredient. Stir in the wholegrain mustard, fresh parsley, apple cider vinegar and taste before serving.

AI-developed, not kitchen-tested.

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