Main dishes / Ireland

pearl barley with beef strips and Brussels sprouts · Ireland

A complete grain dish with beef strips, Brussels sprouts and a Ireland-inspired seasoning.

Time 50 min **Servings** 4

What you'll need.

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

03 Heat the oil and soften the onion for five minutes. Add the Brussels sprouts and cook for a few minutes. Add a splash of water, cover and cook for 12 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, fresh parsley, apple cider vinegar and taste before serving.

AI-developed, not kitchen-tested.

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