Main dishes / Ireland

pearl barley with firm tofu and sweet potato · Ireland

A complete grain dish with firm tofu, sweet potato and a Ireland-inspired seasoning.

Time 50 min **Servings** 4

What you'll need.

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

03 Heat the oil and soften the onion for five minutes. Add the sweet potato and cook for a few minutes. Add a splash of water, cover and cook for 15 minutes.

04 Dice the firm tofu and fry for eight to ten minutes until golden and piping hot.

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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