Soups / Ireland

pearl barley, chickpeas and kale soup · Ireland

A hearty soup with grain, kale and cooked pulses, developed as a Ireland-inspired variation.

Time 50 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 150 g pearl barley
- ☐ 500 g kale
- ☐ 15 g wholegrain mustard
- ☐ 10 ml apple cider vinegar
- ☐ 30 ml neutral cooking oil
- ☐ 450 g drained cooked chickpeas
- ☐ 1400 ml low-salt vegetable stock
- ☐ 10 g fresh parsley
- ☐ salt and pepper to taste

Let's make it.

01 Cook the grain separately according to the packet. Rinse and drain the cooked pulses.

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

03 Heat the oil and soften the onion for five minutes. Add the kale and cook for a few minutes. Pour in the stock and simmer until the vegetable is tender.

04 Add the cooked grain and pulses and heat for five minutes until the soup is piping hot.

05 Stir in the wholegrain mustard, fresh parsley, apple cider vinegar and taste before serving.

AI-developed, not kitchen-tested.

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