Lunch

Spiced Pearl Barley with Golden Tofu

Pearl barley simmered in warmly spiced stock, topped with pan-fried tofu, tender vegetables and a scatter of pomegranate seeds.

70 min	571	76.9 g	20.4 g
time	calories	carbs	sugars



Low sugar

Ingredients, 2 servings

- [ ] 125 g pearl barley
- [ ] 1 low-salt vegetable stock cube in 400ml boiling water
- [ ] 1 tsp ground cumin
- [ ] 1 tsp ground cinnamon
- [ ] 4 tsp rapeseed oil
- [ ] good pinch white pepper
- [ ] 150 g firm tofu, sliced
- [ ] 2 cloves garlic, crushed
- [ ] 3 cm fresh ginger root, finely chopped
- [ ] half tsp Chinese 5-spice
- [ ] 25 g freshly chopped coriander
- [ ] 1 red onion (120g), finely sliced
- [ ] 1 red pepper (160g), finely chopped
- [ ] 1 yellow pepper (160g) finely chopped
- [ ] 1 courgette (140g), diced
- [ ] 100 g frozen peas, defrosted
- [ ] 2 tsp reduced-salt soy sauce
- [ ] 80 g pomegranate seeds

Nutrition Facts

Per serving

Calories	**571**
Total fat	14.9 g
Saturated fat	1.7 g
Sodium	Not listed
Total carbs	76.9 g
Fiber	17.8 g
Total sugars	20.4 g
Protein	23.6 g

Method

- [ ] **1** Dissolve the low-salt vegetable stock cube in 400ml boiling water. Tip the pearl barley into a saucepan with the ground cumin, ground cinnamon and the good pinch of white pepper, pour in the stock and bring everything to the boil. Turn the heat down, put a lid on the pan and let it simmer for 20-25 minutes, stirring once the 20 minute mark has passed so nothing sticks to the base, and keep cooking until the grains are tender. Take the pan off the heat and reserve.
- [ ] **2** While the barley cooks, warm 2 tsp of the rapeseed oil in a non-stick pan and lay in the slices of firm tofu. Let them brown for about 5-7 minutes on each side, then lift them out to cool a little before cutting them into smaller pieces.
- [ ] **3** Fry the crushed garlic and the finely chopped fresh ginger root in that same pan for 1-2 minutes. Put the tofu back in, sprinkle the half tsp of Chinese 5-spice over the top, stir in half the freshly chopped coriander, mix everything well and reserve.
- [ ] **4** Pour the rest of the rapeseed oil into another pan and tip in the finely sliced red onion, the finely chopped red pepper and yellow pepper and the diced courgette. Cook for 5-6 minutes, stirring regularly, until the vegetables have softened.
- [ ] **5** Mix the defrosted frozen peas through the cooked vegetables, then fold in the pearl barley. Divide everything between 2 plates and scatter over the tofu, the remaining coriander, the 2 tsp of reduced-salt soy sauce and the pomegranate seeds.

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