



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Pearl Barley

Barley is a versatile cereal grain with a nut-like flavour and chewy consistency. It is high in fibre which is good for a healthy digestive system!



1 Chicken & Cacciatore Gumbo

Gumbo is very popular in Louisiana (US) and is a thick stew-like soup. Our speedy Dinner Twist version features warm spices, fresh thyme, chicken, cacciatore, a heap of veggies and nutty pearl barley grains.



20 minutes



2 servings



Pork & Chicken

13 July 2020

FROM YOUR BOX

PEARL BARLEY	100g
DICED CHICKEN BREAST FILLET	200g
CACCIATORE (SLICED)	100g
THYME	1/2 packet *
CORN COB	1
RED ONION	1/2 *
CELERY STICK	1
ZUCCHINI	1/2 *
TOMATO PASTE	1 sachet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, smoked paprika, ground cumin, chilli flakes (optional)

KEY UTENSILS

saucepan, frypan

NOTES

Serve barley and gumbo separately if preferred.

No pork option – cacciatore is replaced with smoked chicken breast. Slice to use. We recommend adding to gumbo with pearl barley at step 5 to better reserve the flavour.

No gluten option – pearl barley is replaced with brown rice. Cook as per recipe instructions.



1. COOK THE PEARL BARLEY

Place barley in a saucepan and cover with water. Bring to the boil and simmer for 15 minutes, or until tender. Drain and rinse.



2. SEAL THE CHICKEN

Heat a frypan with **1 tbsp oil** over medium-high heat. Add chicken and cacciatore. Cook until chicken is sealed and golden. Pick thyme leaves and remove corn kernels from cob, add to pan.



3. ADD THE VEGETABLES

Wedge red onion, chop celery and zucchini. Add to pan with **1 1/2 tsp smoked paprika** and **1 1/2 tsp cumin**. Cook until onion has softened.



4. SIMMER THE GUMBO

Stir in tomato paste and **1 1/2 cup water**. Simmer, covered, for 8-10 minutes or until chicken is cooked through.



5. STIR IN THE BARLEY

Add barley to gumbo and stir to combine. Adjust seasoning with **salt and pepper** to taste.



6. FINISH AND SERVE

Serve gumbo in bowls. Top with **chilli flakes** (optional).

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

