



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



4 servings



Pork & Chicken

13 July 2020

## FROM YOUR BOX

PEARL BARLEY	175g
DICED CHICKEN BREAST FILLET	400g
CACCIATORE (SLICED)	2 x 100g
THYME	1/2 packet *
CORN COB	1
BROWN ONION	1
CELERY STICKS	2
GREEN BEANS	1 packet (150g)
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, large 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 large frypan with **2 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

Chop onion and celery, halve green beans. Add to pan with **2 tsp smoked paprika** and **2 tsp cumin**. Cook until onion has softened.



### 4. SIMMER THE GUMBO

Stir in tomato paste and **2 cups 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**

