

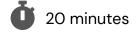




## Chicken and Halloumi

### **Pearl Barley Salad**

A festive pearl barley salad with sweet apple, celery and halloumi tossed with a thyme and maple dressing and finished with toasted pecans.





2 servings



# Serve it on the side!

This dish also makes a great side dish for Christmas dinner! Make it a day ahead and serve cold.

PROTEIN TOTAL FAT CARBOHYDRATES 58g

**Pearl Barley** 

#### FROM YOUR BOX

PEARL BARLEY	100g
PECANS	1 packet (40g)
HALLOUMI	1 packet
PRE-COOKED CHICKEN	1 packet
RED APPLE	1
CELERY STICK	1
CARROT	1
PARSLEY	1 packet

#### FROM YOUR PANTRY

olive oil, salt, pepper, maple syrup, apple cider vinegar, dried thyme

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

You can use honey instead of maple syrup in the dressing.

No gluten option - pearl barley is replaced with brown rice. Cook rice for the same amount of time as pearl barley in step 1.



#### 1. COOK THE PEARL BARLEY

Place pearl barley in a saucepan and cover with water. Bring to a boil and simmer for 15-20 minutes, or until tender. Drain and rinse under cold water.



#### 2. TOAST THE PECANS

Roughly chop pecans. Add to a dry frypan over medium-high heat. Cook for 4-5 minutes until golden. Remove to a plate and keep pan on heat.



#### 3. COOK THE HALLOUMI

Dice or slice halloumi. Coat with 1/2 tsp dried thyme and olive oil. Cook in pan for 5-7 minutes turning until golden. Set aside.



#### 4. PREPARE THE DRESSING

Whisk together 1/2 tsp dried thyme, 1/2 tbsp maple syrup, 1 tbsp vinegar and 2 tbsp olive oil in a large bowl (see notes).



#### 5. TOSS THE SALAD

Slice or pull apart chicken (use to taste). Dice apple and celery. Grate carrot. Toss together with cooked pearl barley, halloumi and dressing.



#### 6. FINISH AND SERVE

Chop parsley. Serve pearl barley salad garnished with parsley and pecans.

