



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!



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.



20 minutes



2 servings



Chicken

23 December 2022

Serve it on the side!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	54g	58g

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.

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**

