



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Pearl Barley

Pearl barley are barley grains that have had their outer husk and part of their bran layer removed. That makes the grains nice and soft to eat with a mild chewy bite, which matches their wonderful almost nutty flavour.



## 2 Mexican Chicken Chops with Barley Salad

Juicy Mexican-spiced chicken with a beautiful summery pearl barley salad featuring corn, capsicum, cherry tomatoes and parsley.



35 minutes



2 servings



Chicken

11 January 2021

## Picnic time

After cooling, you can pull the meat from the chicken bones and stir into the barley salad. This makes the dish easier to enjoy for little eaters - and makes it perfect for bringing outside for a weeknight backyard sunset picnic dinner!

## FROM YOUR BOX

PEARL BARLEY	150g
CHICKEN CHOPS	2-pack
MEXICAN SPICE MIX	1 packet (20g)
RED CAPSICUM	1/2 *
CORN COB	1
CHERRY TOMATOES	1/2 bag (100g) *
PARSLEY	1/3 bunch *
LEMON	1/2 *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil, oil (for cooking), salt, pepper, maple syrup (or sweetener of choice)

## KEY UTENSILS

baking tray, saucepan

## NOTES

Cook the chicken on the barbecue if preferred. If your BBQ has a lid, pull it down for quicker cooking.

If preferred, char the corn for 3–5 minutes in a frypan or BBQ before removing kernels.

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



### 1. COOK THE PEARL BARLEY

Set oven to 220°C.

Place barley in a saucepan and cover with water. Bring to the boil and simmer for 20 minutes, or until tender but still firm. Drain and rinse briefly.



### 2. COOK THE CHICKEN

Slash chicken in 3–4 places and rub with 1 tbsp spice mix (reserve 1/2 tsp for dressing) and oil. Place into lined oven dish and cook for 25–30 minutes or until cooked through (see notes).



### 3. PREPARE THE SALAD

Dice capsicum and remove kernels from corn (see notes). Halve cherry tomatoes and chop parsley. Place all into a bowl, reserving a little parsley for garnish.



### 4. MAKE THE DRESSING

In a small bowl, whisk together **1 1/2 tbsp olive oil**, lemon juice, **1/2 tbsp maple syrup** and 1/2 tsp spice mix.



### 5. FINISH THE SALAD

Add pearl barley to the salad bowl and toss together with the dressing (or, serve dressing on the side). Season to taste with **salt and pepper**.



### 6. FINISH AND PLATE

Serve salad on plates with chicken.

**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**

