



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

