



### 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!



## Creamy Chicken

### in Sun-dried Tomato and Balsamic Sauce

Chicken breast pieces, courgettes and cherry tomatoes cooked in a delicious creamy balsamic, sun-dried tomato and oregano sauce and served over nutty pearl barley.



30 minutes



2 servings



Chicken

## Switch it up!

*You can serve the chicken and sauce over mashed potato or tossed through pasta if preferred!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	61g	21g	50g

## FROM YOUR BOX

PEARL BARLEY	100g
CHICKEN SCHNTZELS	300g
SUN-DRIED TOMATOES	1 tub
SOUR CREAM	1 tub
COURGETTES	2
CHERRY TOMATOES	1 packet (200g)

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano, 1/2 stock cube, balsamic vinegar

## KEY UTENSILS

large frypan with lid, saucepan

## NOTES

We used a chicken stock cube for this recipe. You could use a vegetable stock cube or stock paste if you have some.

**No gluten option** – pearl barley is replaced with **brown rice**. Cook for same time as pearl barley.



### 1. COOK THE PEARL BARLEY

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



### 2. BROWN THE CHICKEN

Heat a frypan with oil over high heat. Cut chicken into tenderloins (or dice) and cook for 2 minutes on each side, or until golden and nearly cooked through. Remove from pan and set aside, reserve pan.



### 3. PREPARE THE SAUCE

Chop and add sun-dried tomatoes to reserved pan along with 1 tsp dried oregano and 1/2 crumbled stock cube (see notes). Cook for 2-3 minutes over medium-low heat, or until fragrant.



### 4. WHISK THE SAUCE

Stir in sour cream, 1/2 cup water and 1 tbsp balsamic vinegar. Whisk until combined and season with salt and pepper.



### 5. ADD THE VEGETABLES

Thinly slice courgettes and halve tomatoes. Add to pan along with chicken. Cover and simmer for 5 minutes, or until chicken is cooked through.



### 6. FINISH AND SERVE

Serve chicken and sun-dried tomato sauce over pearl barley.



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