



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 SCHNITZELS	300g
SUN-DRIED TOMATOES	1 packet
SOUR CREAM	1 tub
COURGETTES	2
CHERRY TOMATOES	200g

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano, 1 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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