



### 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
  4/6 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
4/6 Person:	32g/35g	21g/28g	39g/41g

## FROM YOUR BOX

	4 PERSON	6 PERSON
PEARL BARLEY	2 x 100g	3 x 100g
CHICKEN SCHNITZELS	600g	600g + 300g
SUN-DRIED TOMATOES	1 tub	1 tub
SOUR CREAM	1 tub	2 tubs
COURGETTES	3	5
CHERRY TOMATOES	200g	2 x 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 300g basmati rice. Place rice in a saucepan and cover with 600ml water. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

6P – use 900ml water for 300g + 150g basmati rice.



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### 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 thick strips (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 **1–2 tsp dried oregano** and **1/2 crumbled stock cube** (see notes). Cook for 2–3 minutes over medium-low heat, or until fragrant.

6P – add **1 crumbled stock cube** and **3 tsp dried oregano**.



### 4. WHISK THE SAUCE

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

6P – stir in **sour cream**, **1 cup water** and **1–2 tbsp balsamic vinegar**.



### 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**.

**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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

