



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 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
	55g	12g	30g

FROM YOUR BOX

PEARL BARLEY	200g
CHICKEN SCHNTZELS	600g
SUN-DRIED TOMATOES	1 tub
SOUR CREAM	1 tub
COURGETTES	4
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 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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