T2

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Pearl Barley

Pearl barley has its tough outer husk polished away, which gives it a pearly look and helps it cook faster. Barley is one of the oldest farmed grains, grown for around 10,000 years!

Charred Lemon Chicken

with Herbed Barley and Whipped Yoghurt Sauce

Charred lemon chicken on a whipped lemon yoghurt sauce, served with herb-dressed pearl barley, crisp baby cucumbers and cherry tomatoes.

35 minutes | 2 servings | Chicken

Add some extra!

Dill, mint, coriander, chives or spring onion can be added to the pearl barley salad for extra freshness. Dice and add fresh red chilli to the dressing instead of chilli flakes if you have some on hand.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	53g	9g	73g

FROM YOUR BOX

PEARL BARLEY	100g
CHICKEN BREAST FILLETS	300g
LEMON	1
TINNED CHICKPEAS	400g
NATURAL YOGHURT	1 tub
SHALLOT	1
PARSLEY	1 packet
BABY CUCUMBERS	1 punnet
CHERRY TOMATOES	200g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried chilli flakes, red wine vinegar, soy sauce (or tamari), dried oregano

KEY UTENSILS

griddle pan or BBQ, saucepan, stick mixer or blender

NOTES

The shallot can vary in size, use to taste.

No gluten option - pearl barley is replaced with brown rice. Cook as per step 1.

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1. COOK THE PEARL BARLEY

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.



2. COOK THE CHICKEN

Slice **chicken** into halves lengthways. Coat with **1/2 tbsp soy sauce, 1/2 lemon zest, oil, salt and pepper**. Cook on a griddle pan or BBQ over high heat for 6-8 minutes each side or until cooked through.



3. MAKE THE LEMON YOGHURT

Meanwhile, blend **1/2 lemon juice** with drained **chickpeas** and **yoghurt** using a stick mixer or blender until smooth. Season with **salt and pepper** to taste.



4. PREPARE THE DRESSING

Finely chop **shallot** (see notes) and **parsley**. Combine with **2 tbsp olive oil, 1 1/2 tbsp vinegar, 1/4 tsp chilli flakes** and **1/2 tsp oregano**. Season with **salt and pepper**.



5. PREPARE THE COMPONENTS

Slice **cucumbers** and halve **tomatoes**. Toss with cooked **pearl barley** and **dressing**.



6. FINISH AND SERVE

Spoon **lemon yoghurt** into a shallow bowl. Top with **pearl barley salad**. Slice **chicken** and add on top along with **lemon wedge**. Garnish with **olive oil** and **chilli flakes**.

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