



Product Spotlight: Pearl barley

Pearl 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!



Vineyard Chicken with Pearl Barley & Ricotta

Simple and rustic baked chicken with grapes in a delicious shallot, garlic and thyme sauce, enriched with butter prior to serving. Serve for guests or enjoy any night of the week.



35 minutes



2 servings



Chicken

Add to it!

You can build on this dish adding courgettes, leek, mushrooms or tomatoes if you like! Also delicious served with crusty bread.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	53g	85g	274g

FROM YOUR BOX

PEARL BARLEY	100g
CHICKEN BREAST FILLET	300g
SHALLOT	1
GARLIC CLOVE	1
THYME	1 packet
GRAPES	100g
AVOCADO	1
MESCLUN LEAVES	120g
RICOTTA	1 tub

FROM YOUR PANTRY

olive oil, butter, salt, pepper, honey, apple cider vinegar (see notes)

KEY UTENSILS

oven-proof pan (see notes), saucepan

NOTES

If your pan is not oven-proof you can transfer the chicken and sauce to an oven dish instead.

If you don't have apple cider vinegar, you can use red wine vinegar instead.

No gluten option – pearl barley is replaced with white organic quinoa.



Scan the QR code to
submit a Google review!



1. COOK THE BARLEY

Set oven to 220°C.

Place barley in a saucepan and cover with water. Bring to the boil and simmer for 15 minutes, or until tender but still firm.



2. BROWN THE CHICKEN

Heat an oven-proof pan with **olive oil** over medium-high heat (see notes). Add chicken breast and brown for 1-2 minutes on each side. Season with **salt and pepper**, take off heat.



3. MAKE THE SAUCE

Thinly slice and add shallot and garlic. Add **2 tbsp olive oil**, **2 tbsp vinegar**, **1 1/2 tsp honey**, leaves from 1/4 packet thyme, **salt and pepper**. Turn chicken to coat. Add grapes and bake for 15 minutes or until the chicken is cooked through.



4. PREPARE THE SALAD

Meanwhile, combine **1 tbsp olive oil** and **1/2 tbsp vinegar** in a serving bowl. Dice avocado and add to bowl with leaves. Toss to dress.



5. FINISH THE SAUCE

Remove baked chicken to a chopping board. Stir in **2 tbsp butter** to the sauce until melted. Slice and return the chicken, baste with the sauce and adjust seasoning with **salt and pepper** if needed.



6. FINISH AND SERVE

Serve sliced chicken and pan-sauces with pearly barley, salad and a dollop of ricotta (use to taste). Sprinkle with extra thyme to serve.

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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

