

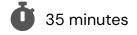


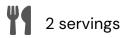


## Vineyard Chicken

### 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.







# Add to it!

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

TOTAL FAT CARBOHYDRATES

41g

#### **FROM YOUR BOX**

PEARL BARLEY	100g
BROCCOLINI	1 bunch
CHICKEN BREAST FILLET	300g
SHALLOT	1
GARLIC CLOVE	1
THYME	1 packet
GRAPES	100g
MESCLUN LEAVES	60g
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 organic quinoa.





#### 1. COOK THE BARLEY

Set oven to 220°C.

Place **barley** in a saucepan and cover with water. Bring to a boil and simmer for 15 minutes, or until tender but still firm. Add **broccolini** when there is about 3 minutes left of the cooking time. Drain and rinse.



#### 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. Cut broccolini into thirds and toss into bowl with mesclun leaves 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



