



### 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



4 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
	32g	61g	200g

## FROM YOUR BOX

PEARL BARLEY	200g
CHICKEN BREAST FILLETS	600g
SHALLOTS	2
GARLIC CLOVES	2
THYME	1 packet
GRAPES	200g
AVOCADOS	2
MESCLUN LEAVES	120g
RICOTTA	1 tub

## FROM YOUR PANTRY

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

## KEY UTENSILS

large 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 2 x 100g white organic quinoa.**



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### 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 breasts 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 shallots and garlic. Add **1/4 cup olive oil**, **1/4 cup vinegar**, **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 avocados and add to bowl with leaves. Toss to dress.



### 5. FINISH THE SAUCE

Remove baked chicken to a chopping board. Stir in **4 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, avocado salad and a dollop of ricotta (use to taste). Sprinkle with extra thyme to serve.

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