

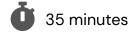


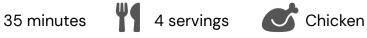


Vineyard Chicken

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

32g

61g

200g

FROM YOUR BOX

PEARL BARLEY	200g
CHICKEN BREAST FILLETS	600g
SHALLOTS	2
GARLIC CLOVES	2
ТНҮМЕ	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.





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.

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



