



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
	42g	17g	36g

FROM YOUR BOX

PEARL BARLEY	200g
BROCCOLINI	1 bunch
CHICKEN BREAST FILLETS	600g
SHALLOTS	2
GARLIC CLOVES	2
THYME	1 packet
GRAPES	200g
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 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.



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.



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.



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.



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.



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.



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