



Everything
But The Chef

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Chicken with Greek Pearl Barley

We've taken everything that's great about Greece to bring you this easy, nourishing bowl. Freshness comes in the reds and greens of ripened tomatoes and fresh cucumber and parsley. Ancient grains bring earthy brain food, while tangy Kalamata olives infuse the dish with the unmistakable flavours of the region. There's a reason Greek culture has flourished through the ages - never has a combination been so right!

Prep: 10 mins



Cook: 30 mins

Total: 40 mins



level 1



high
protein



eat me
early

Pantry Items



Olive Oil



Pearl Barley



Parsley



Chicken Breast



Tomato



Cucumber



Kalamata Olives



Lemon

2P	4P	Ingredients
½	1	lemon, juiced
3 tbs	½ cup	olive oil *
2 fillets	4 fillets	chicken breast
½ cup	1 cup	pearl barley
1 bunch	2 bunches	parsley, finely chopped
1	2	tomato, cut into 1 cm pieces
1	2	cucumber, cut into 1 cm pieces
¼ cup	½ cup	kalamata olives, chopped (check for pits)

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2910	Kj
Protein	32.8	g
Fat, total	43	g
-saturated	7.9	g
Carbohydrate	40.5	g
-sugars	3.1	g
Sodium	516	mg

Measuretool

0 cm	1 cm	2 cm



You will need: *chopping board, chef's knife, sieve, large saucepan, mortar and pestle, medium frying pan and a large bowl.*

1 Combine the **lemon juice**, a third of the **olive oil** and a generous grind of **black pepper** in a shallow bowl. Add the **chicken breast fillets** and toss to coat well. Set aside.

2 Rinse the **pearl barley** in a sieve under running water. Add to a large saucepan of salted water and bring to the boil. Cook, stirring occasionally, for **25 minutes** or until soft in texture but slightly chewy. You may need to add more boiling water if it runs dry. Drain any excess water from the pearl barley.

3 Bash half of the **parsley**, the remaining olive oil and a pinch of **salt** in a mortar and pestle until well combined. (If you don't have a mortar and pestle you can achieve a similar result by finely chopping the ingredients). Set aside.

4 Heat a medium frying pan over a medium-high heat. Add the chicken breast fillets to the pan and cook for **4 minutes** on each side or until cooked through. Set aside for **5 minutes** and thinly slice.

5 In a large bowl, toss the cooked pearl barley with the **tomato**, **cucumber**, **kalamata olives**, and remaining parsley. Stir through the parsley oil and season to taste.

6 Divide the pearl barley salad between the plates and top with the sliced grilled chicken.



Did you know? Olives make an appearance in a 2000-year-old Roman cookbook by Apicius, which is one of the earliest cookbooks ever discovered!