



Everything  
But The Chef

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## Chicken with Herbed Pearl Barley Salad

Pearl barley is one of the earth's oldest grains and is fabulously filling, but you might have heard around the way that he's stodgy. Not so! We've inserted it into this tabbouleh with parsley oil dressing and succulent chicken breast for a fresh, light twist. See? A pretty pearler indeed.



Prep: 15 mins

Cook: 30 mins

Total: 45 mins



level 1



lactose  
free



pantry  
items



Pearl Barley



Chicken Breasts



Tomato



Cucumber



Garlic



Mint



Parsley



Kalamata Olives

2P	4P	Ingredients
100 g	200 g	pearl barley
2 tbs	4 tbs	parsley, chopped 
2	4	garlic cloves, peeled & crushed 
1/4 cup	1/2 cup	olive oil *
2 fillets	4 fillets	chicken breast
1	2	tomato, diced
1	2	cucumber, diced
1 tbs	2 tbs	mint, roughly chopped
50 g	100 g	kalamata olives, pitted & chopped

 May feature in another recipe

\* Good to have at home

#### Nutrition per serving

Energy	1940	Kj
Protein	57.1	g
Fat, total	18.7	g
-saturated	3.3	g
Carbohydrate	12.9	g
-sugars	3.6	g
Sodium	471	mg

#### Measuretool

0 cm	1 cm	2 cm



**1** Rinse the **pearl barley** in a sieve under running water. Add to a large pot 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 the pearl barley once it's cooked and rinse in warm water.



**2** Blanch half of the **parsley** in a cup of boiling water for **30 seconds**. Remove and dry well. Blend the blanched parsley with the **garlic** and the **olive oil**. (If you don't have a blender you can achieve a similar result by finely chopping the ingredients). Set aside.



**3** Meanwhile, season the **chicken** with some **salt** and **pepper** and heat a pan over a medium-high heat. Add the chicken to the pan and cook the chicken fillets for **3 minutes** on each side or until cooked through. Set aside and thinly slice.

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



**5** Divide the pearl barley salad between the plates and top with the sliced grilled chicken. Enjoy!

**Did you know?** The oldest evidence of barley consumption dates back 23,000 years!