



More than Food

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## Cherry-Lime Rickey Chicken

with Juniper, Barley, and Bok Choy

The classic gin rickey is a cocktail beloved for its simplicity—tart lime, botanical gin, and effervescent club soda compose its characteristic flavors. We're adding sweet cherries to the flavor profile in this cocktail-inspired dish. Juniper, the spice that gives gin its unique flavor, lends a citrusy, almost pine-y flavor to the chicken.



45 min



level 2



nut free



dairy free



Chicken Breasts



Baby Bok Choy



Lime



Cherries



Mint



Barley



Chicken Stock Concentrate



Juniper Berries, ground

## Ingredients

	2 People	4 People
Chicken Breasts	2	4
Baby Bok Choy	8 oz	16 oz
Lime	1	2
Cherries	5 oz	10 oz
Mint	1 bunch	2 bunches
Barley	1) $\frac{3}{4}$ C	1 $\frac{1}{2}$ C
Chicken Stock Concentrate	1	2
Juniper Berries, ground	1 tsp	2 tsp
Olive Oil*	1 $\frac{1}{2}$ T	3 T

\*Not Included

## Allergens

1) Wheat

## Tools

Medium Pot, Zester,  
Large Pan, Strainer

Ruler

0 in  $\frac{1}{4}$  in  $\frac{1}{2}$  in  $\frac{3}{4}$  in 1 in

**Nutrition per person** Calories: 597 cal | Carbs: 66 g | Fat: 15 g | Protein: 51 g | Fiber: 15 g

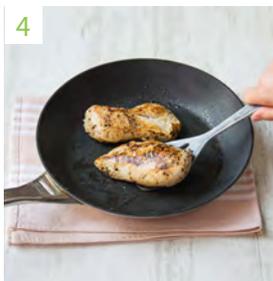


**1 Cook the barley:** in a medium pot, bring **3 cups water**, the **barley**, and a large pinch of **salt** to a boil. Reduce to a simmer and cook for 35-40 minutes, until tender. Drain.

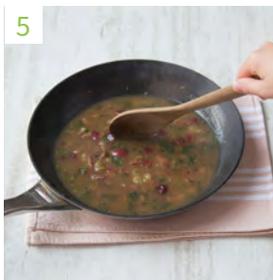
**2 Meanwhile, prep your ingredients:** chop the **mint leaves**, reserving a few leaves for garnish. Zest the **lime**, then cut into 8 wedges. Trim and quarter the **bok choy**. Pit the **cherries**: remove the stems, then cut each cherry in half. Using the tip of a paring knife, remove the pits. Roughly chop the cherries.



**3 Heat  $\frac{1}{2}$  tablespoon oil** in a large pan over medium-high heat. Add the **bok choy** to the pan and cook 2-3 minutes per side, until softened and slightly charred. Season with **salt** and **pepper** and set aside.



**4 Cook the chicken:** in the same pan, heat another  $\frac{1}{2}$  **tablespoon oil** over medium-high heat. Season the **chicken** on all sides with **salt**, **pepper**, and **juniper**. Add the **chicken** to the pan and cook 5-6 minutes per side, until cooked through. Set aside and cover to keep warm.



**5 Make the cherry-lime sauce:** heat  $\frac{1}{2}$  **tablespoon oil** in the same pan over medium heat. Add **half the cherries** to the same pan over medium heat. Cook, tossing, for 1-2 minutes, until softened. Add the **stock concentrate**, **lime zest**, **1 cup water**, and **half the chopped mint** to the pan. Bring to a boil, then reduce to a simmer for 3-4 minutes, until sauce is jammy. Remove pan from heat, then stir in the **remaining chopped mint**. Season with **salt** and **pepper**.

**6** When the **barley** is ready, divide between plates. Top with the **bok choy**, **chicken**, and **cherry-lime sauce**. Garnish with the **remaining cherries**, **lime wedges**, and **reserved mint leaves**. Enjoy!