



APR
2017

Paprika-Rubbed Chicken

with Barley, Tomato and Avocado Salad

Sometimes it's the simplest of combinations that are the most satisfying. This hearty barley salad is full of crunchy cucumber, juicy tomatoes, and creamy avocado. A touch of olive oil and sherry vinegar are all it needs to shine. Perfectly seasoned, perfectly seared chicken seals the deal.

 Prep
30 min



Chicken Breasts



Pearl Barley



Avocado



Grape Tomatoes



Mini Cucumber



Sherry
Vinegar



Smoked
Paprika



Green Onion



Parsley

Ingredients

	2 People	4 People
Chicken Breast	1 pkg (340 g)	2 pkg (680 g)
Pearl Barley	1 pkg (170 g)	2 pkg (340 g)
Avocado	1	2
Grape Tomatoes	1 pkg (113 g)	2 pkg (227 g)
Mini Cucumber	2	4
Sherry Vinegar	1 bottle (2 tbsp)	2 bottles (4 tbsp)
Smoked Paprika	1 pkg (1 tbsp)	2 pkg (2 tbsp)
Green Onions	2	4
Parsley	1 pkg (10 g)	1 pkg (10 g)
Olive or Canola Oil*		

*Not Included

Allergens

1) Wheat/Blé

2) Sulphites/Sulfites

Tools

Medium Pot, Medium Bowl, Large Pan, Large Bowl, Strainer

Ruler

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Nutrition per person Calories: 688 cal | Fat: 21 g | Protein: 49 g | Carbs: 77 g | Fibre: 19 g | Sodium: 220 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Cook the barley: Add the **barley** to a medium pot of **salted water** and bring to a boil. Reduce heat to medium-low and simmer until tender, 25-28 min.



2 Prep: Wash and dry all produce. Halve the **grape tomatoes**. Thinly slice the **green onions**. Cut the **cucumbers** into 1/2-inch cubes. Halve, pit and peel the **avocado(s)**, then cut into 1/2-inch cubes. Roughly chop the **parsley**.



3 Cook the chicken: In a medium bowl, combine the **smoked paprika** with a drizzle of **oil**. Season with **salt** and **pepper**. Toss in the **chicken** to coat. Heat a large pan over medium heat. Add a drizzle of **oil**, then the chicken. Cook until the bottom of the chicken is golden-brown, about 3 min. Reduce the heat to medium-low. Flip the chicken over. Cover and cook until the chicken is golden and cooked through, 6-7 min. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.) Transfer to a cutting board.

4 Marinate the veggies: Meanwhile, in a large bowl, whisk together the **vinegar** with a drizzle of **oil**. Season with **salt** and **pepper**. Toss in the **cucumber** and **avocado**.

5 Cook the tomatoes: Increase the pan to medium-high heat. Add the **tomatoes** and **green onion**. Cook, stirring often, until tomatoes soften slightly, 5-6 min. Transfer to the bowl with the **cucumber** and **avocado**.

6 Make the barley salad: Drain and rinse the **barley**. Add the barley to the **veggies**. Toss to combine.

7 Finish and serve: Thinly slice the **chicken**. Divide the **barley salad** between plates. Top with the chicken and sprinkle with the **parsley**. Enjoy!

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