



JUL
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Pan-Seared Chicken

with Tomato-Barley Hash & Charred Broccoli

Nutty, wholesome barley makes a great blank canvas. Mild chives, floral lemon zest, and crunchy almonds help create a hash that's perfect with juicy chicken. Allowing broccoli to develop colour in the oven gives it extra depth of flavour—a final squeeze of lemon makes it even more delicious.



Prep
30 min



level 1



dairy
free



Chicken Breast



Barley



Sliced Almonds



Broccoli



Plum Tomato



Chicken Broth
Concentrate



Garlic



Chives



Lemon

Ingredients

	2 People	4 People
Chicken Breasts	2	4
Barley	1) 1 pkg	2 pkg
Lemon	1	1
Sliced Almonds	2) 1 pkg	2 pkg
Chicken Broth Concentrate	1	2
Broccoli florets	1 pkg	2 pkg
Garlic	2 cloves	4 cloves
Chives	1 pkg	2 pkg
Plum Tomatoes	1	2
Olive or Canola Oil*		

*Not Included

Allergens

1) Wheat/Blé

2) Tree Nuts/Noix

Tools

Medium Pot, Strainer, Baking Sheet, Large Pan, Zester, Measuring Cups

Ruler

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Nutrition per serving Calories: 822 kcal | Carbs: 82 g | Fat: 34 g | Protein: 55 g | Fiber: 21 g

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



1 Cook the barley: Preheat oven to 400°F. Bring a medium pot of **water** to a boil with a large pinch of **salt**. Once boiling, add the **barley** and cook for about 20-25 minutes, until tender. Drain and set aside.

2 Prep: Wash and dry all produce. Zest, then halve the **lemon**. Finely chop the **chives**. Mince the **garlic**. Halve, seed, and dice the **tomato**.

3 Roast the broccoli: Toss the **broccoli florets** on a baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Bake in the oven for 20 minutes, until lightly charred.



4 Cook the chicken: Meanwhile, heat a drizzle of **oil** in a large pan over medium-high heat. Season the **chicken** with **salt** and **pepper**. Add the chicken to the pan and sear for 2-3 minutes per side, until golden brown but not yet cooked through. Transfer to the baking sheet in the oven to finish cooking for 6-8 minutes. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.) Remove from the oven and set aside to rest for 5 minutes.



5 Meanwhile, in the same pan, heat a drizzle of **oil** over medium heat. Add the **diced tomato** and cook, stirring, for about 4-5 minutes, until softened. Add the **garlic** and cook for 30 seconds, until fragrant. Season with **salt** and **pepper**.



6 Add the **cooked barley** to the **tomato mixture** along with the **lemon zest, chives, broth concentrate**, and **1/4 cup water** (double for 4 people.) Toss to combine.

7 Finish and serve: Thinly slice the **chicken** against the grain. Serve with a squeeze of **lemon** atop the **tomato-barley hash** with **charred broccoli** to the side. Sprinkle with the **sliced almonds** and enjoy!

BBQ TIP: Instead of pan-frying, grill chicken on medium heat, with lid closed, 6 to 8 min per side, until cooked to temperature above.

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