



APR
2016

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 balsamic are all it needs to shine. Perfectly seasoned, perfectly seared chicken seals the deal.



Chicken Breasts



Avocados



Roma Tomatoes



Cucumbers



Barley



Balsamic Vinegar



Paprika



Scallions

Ingredients

Chicken Breast		24 oz
Avocados		2
Roma Tomatoes		2
Cucumbers		2
Barley	1)	1½ Cup
Balsamic Vinegar		4 T
Paprika		2 t
Scallions		4
Oil*		2 T

4 People

*Not Included

Allergens

1) Wheat

Tools

Pot, Strainer, Peeler, Large bowl, Large pan

Ruler

0 | ¼ in | ½ in | ¾ in | 1 in

Nutrition per person Calories: 556 cal | Fat: 21 g | Sat. Fat: 4 g | Protein: 38 g | Carbs: 45 g | Sugar: 6 g | Sodium: 146 mg | Fiber: 13 g



1 Cook the barley: Wash and dry all produce. Remove the **chicken** from the refrigerator and bring to room temperature. Place the **barley** and a large pinch of **salt** in a pot with enough water to cover by 2 inches. Bring to a boil and cook for 25-30 minutes, until tender. Drain.



2 Prep the ingredients: Core, seed, and cube the **tomatoes**. Thinly slice the **scallions**, keeping the greens and whites separate. Peel the **cucumbers**, then cut into ½-inch cubes. Halve, pit, and peel the **avocados**, then cut into small cubes.



3 Marinate the vegetables: Toss the **tomatoes**, **cucumber**, **scallion whites**, and **avocado cubes** into a large bowl with **2 Tablespoons balsamic vinegar**. Season with **salt** and **pepper**.



4 Cook the chicken: With about 15 minutes left on the **barley**, heat a large drizzle of **oil** in a large pan over medium heat. Pat dry the **chicken** with a paper towel. Season on all sides with **salt**, **pepper**, and **paprika**. Add the chicken to the pan and cook for 5-6 minutes per side, until cooked through. Let rest for 5 minutes before thinly slicing.

5 Toss the salad: Toss the **barley** into the bowl with the **vegetables** along with two large drizzles of **olive oil** and more **balsamic vinegar**, if desired. Season to taste with **salt** and **pepper**.

6 Plate: Serve the **paprika-rubbed chicken** on a bed of **barley**, **tomato**, and **avocado salad**. Garnish with the reserved **scallion greens**. Enjoy!

Share your masterpiece! Tag your photos with #HelloFreshPics and share on you'll be entered into our weekly photo contest!

