

INGREDIENTS

2 PERSON | 4 PERSON







Broccoli Florets



Lemon



3/4 Cup | 11/2 Cups Barley Contains: Wheat



Chicken Stock Concentrate



1 TBSP | 1 TBSP Italian Seasoning



10 oz | 20 oz Chicken Breast Strips



4 TBSP | 8 TBSP Yogurt Contains: Milk



ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

2 PERSON | 4 PERSON

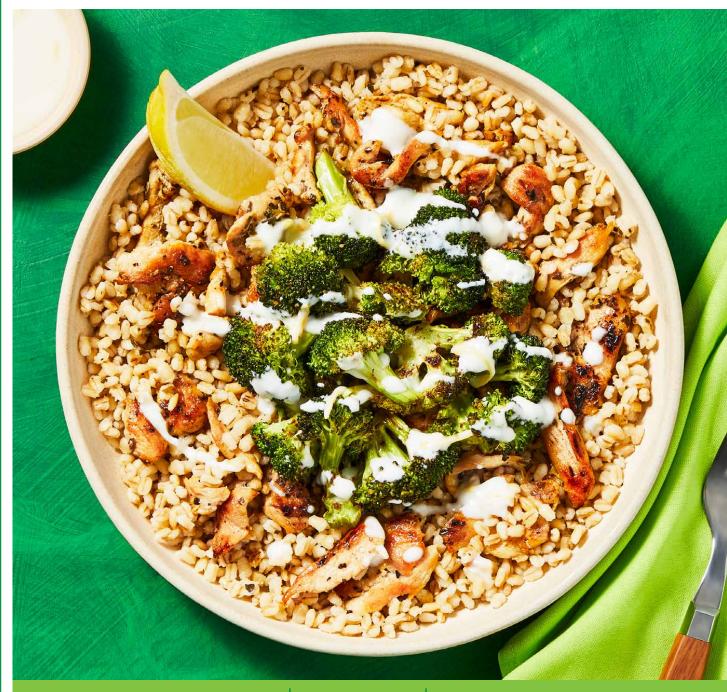
If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.





MEDITERRANEAN CHICKEN BARLEY BOWLS

with Roasted Broccoli & Lemony Yogurt Drizzle





HELLO

PEARLED BARLEY

A chewy, nutrient-rich, quick-cooking grain that's perfect for hearty bowls

ZEST IN SHOW

We like using a microplane for zesting, but if you don't have one, use a peeler to remove just the yellow surface layer from the lemon, then mince it.

BUST OUT

- Zester
- Small bowl
- Small pot
- Paper towels
- · Baking sheet
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)

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1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. Wash and dry produce.
- Peel and mince or grate garlic. Cut broccoli florets into bite-size pieces if necessary. Zest and quarter lemon.



2 COOK BARLEY

- Heat a drizzle of oil in a small pot over medium-high heat. Add garlic and cook, stirring frequently, until fragrant, 30-60 seconds.
- Stir in barley, stock concentrate, 2½ cups water (4 cups for 4 servings), 1/4 tsp Italian Seasoning (1/2 tsp for 4), and a pinch of salt. (You'll use more Italian Seasoning later.)
- Bring to a boil, then cover and reduce to a low simmer. Cook until barley is tender and liquid has absorbed, 25-30 minutes. (TIP: If you end up with any excess liquid, simply pour it out. Alternatively, if liquid has evaporated before barley is done, add a splash of water.) Keep covered off heat until ready to serve.





3 ROAST BROCCOL

• Meanwhile, toss broccoli on a baking sheet with a drizzle of oil. salt. and pepper. Roast on top rack until browned and tender. 12-15 minutes.



4 MAKE YOGURT SAUCE

- In a small bowl, combine yogurt, a squeeze of lemon juice (big squeeze for 4 servings), and a pinch of lemon zest. Add water 1 tsp at a time until mixture reaches a drizzling consistency. TIP: If you prefer a less citrusy flavor, use less lemon juice and zest.
- · Season with a pinch of pepper.



5 COOK CHICKEN

- Pat chicken* dry with paper towels; cut into bite-size pieces if necessary. Season with 1 tsp Italian Seasoning (2 tsp for 4 servings), salt, and pepper. (Be sure to measure the Italian Seasoning-we sent more.)
- Heat a drizzle of oil in a large pan over medium-high heat. Add chicken in a single layer; cook, stirring occasionally, until browned and cooked through, 4-6 minutes.



6 FINISH & SERVE

- Stir chicken into pot with barley.
- Divide chicken and barley between bowls; top with broccoli. Spoon yogurt sauce over everything and serve with remaining lemon wedges on the side.