



# MEDITERRANEAN CHICKEN BARLEY BOWLS

with Roasted Broccoli & Lemony Yogurt Drizzle

## INGREDIENTS

2 PERSON | 4 PERSON



1 Clove | 2 Cloves  
Garlic



8 oz | 16 oz  
Broccoli Florets



1 | 1  
Lemon



¾ Cup | 1½ Cups  
Barley  
Contains: Wheat



1 | 2  
Chicken Stock  
Concentrate



1 TBSP | 1 TBSP  
Italian Seasoning



10 oz | 20 oz  
Chicken Breast  
Strips



4 TBSP | 8 TBSP  
Yogurt  
Contains: Milk



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## HelloCustom

2 PERSON | 4 PERSON

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



1½ Cups | 2½ Cups  
Brown Rice

Calories: 620



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 610



## 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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\*Chicken is fully cooked when internal temperature reaches 165°.



### 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**.



### 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**.



### 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), **¼ tsp Italian Seasoning** (½ 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.

🔄 Swap in **brown rice** for barley; use **1¾ cups water** (3½ cups for 4). Cook for 20-25 minutes. (Save barley for another use.)



### 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.



### 3 ROAST BROCCOLI

- 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.



### 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.