



Cooking Made Easy

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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 color in the oven gives it extra depth of flavor—a final squeeze of lemon makes it even more delicious.



45 min



level 1



lactose free



Chicken Breast



Barley



Sliced Almonds



Broccoli



Roma Tomato



Stock Concentrate



Garlic



Chives



Lemon

Ingredients	2 People	4 People	*Not Included
Chicken Breast	2	4	
Barley	1) ¾ C	1 ½ C	Allergens
Lemon	1	2	1) Wheat
Sliced Almonds	2) 1 oz	2 oz	2) Nuts
Stock Concentrate	1	2	
Broccoli	1 crown	2 crowns	
Garlic	2 cloves	4 cloves	
Chives	1 bunch	2 bunches	
Roma Tomato	1	2	
Olive Oil*	3 T	6 T	

Tools
Medium Pot, Strainer, Baking Sheet, Large Pan, Zester

Nutrition per person Calories: 822 cal | Carbs: 82 g | Fat: 34 g | Protein: 55 g | Fiber: 21 g

Ruler
0 in ¼ in ½ in ¾ in 1 in



1 Preheat oven to 400 degrees. In a medium pot, bring 3 cups of **water** to a boil with a large pinch of **salt**. Once boiling, add the **barley** to the pot and cook for about 30-35 minutes, until tender. Drain and set aside.

2 Meanwhile, cut the **broccoli** into florets. Zest and halve the **lemon**. Finely chop the **chives**. Mince or grate the **garlic**. Halve, seed, and core the **tomato**, then dice.



3 Toss the **broccoli florets** on a baking sheet with 1 tablespoon **olive oil** and a pinch of **salt** and **pepper**. Place in the oven and roast for 20-25 minutes, until lightly charred. Then, finish with a squeeze of **lemon**.

4 While the broccoli roasts, heat 1 tablespoon **olive oil** in a large pan over medium-high heat. Season the **chicken** on both sides 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, until juices run clear when pierced with a knife. Remove from the oven and set aside to rest for 5 minutes.



5 Meanwhile, in the same pan, heat 1 tablespoon **olive 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**, **stock concentrate**, and ¼ cup **water**. Toss to combine.

7 Thinly slice the **chicken** against the grain. Serve atop the **tomato-barley hash** with **charred broccoli** to the side. Sprinkle with the **sliced almonds** and enjoy!