

Hello
FRESH



JAN
2017

Pan-Seared Chicken

with Creamy Barley Risotto and Charred Broccoli

Nutty, wholesome barley makes a great blank canvas. Mild chives, citrusy 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.

 Prep
30 min

 level 1

 dairy
free



Chicken Breast



Barley



Lemon



Almonds



Chicken Broth
Concentrate



Broccoli



Garlic



Chives



Tomato



Honey

Ingredients

Chicken Breasts		4 People	2 pkg (680 g)
Barley	1)		2 pkg (1½ cup)
Lemon			1
Almonds, sliced and toasted	2)		1 pkg (56 g)
Chicken Broth Concentrate			2
Broccoli, florets			2 pkg (454 g)
Garlic			2 pkg (20 g)
Chives			1 pkg (14 g)
Tomato			1
Honey			1 pkg (1 tbsp)
Butter*	3)		1 tbsp
Olive or Canola Oil*			

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Tree Nuts/Noix
- 3) Milk/Lait

Tools

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

Nutrition per serving Calories: 664 kcal | Carbs: 78 g | Fat: 17 g | Protein: 54 g | Fiber: 17 g | Sodium: 407 mg

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



1 Preheat the oven to 400°F. (To roast the broccoli and chicken.) Start prepping when the oven comes up to temperature!

2 Prep and cook the barley: Bring a medium pot of **salted water** to a boil. **Wash and dry all produce.** Zest, then juice the **lemon**. Finely chop the **chives**. Mince or grate the **garlic**. Cut the **tomato** into ½-inch pieces. Add the **barley** to the boiling water and cook for about 20-25 min, until tender.

3 Roast the broccoli: Meanwhile, toss the **broccoli florets** on a baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through, until charred, 18-20 min.

4 Cook the chicken: Meanwhile, heat a large pan over medium-high heat. Season the **chicken** with **salt** and **pepper**. Add a drizzle of **oil**, then the chicken. Cook until golden brown, but not yet cooked through, 2-3 min per side. Brush **¼ tsp honey** over each chicken and sprinkle with **almonds**. Transfer the chicken to the baking sheet (with the broccoli) in the oven and bake until cooked through, 6-8 min. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.)

5 Meanwhile, reduce the heat to medium. Add another drizzle of **oil** to the same pan, then the **tomato**. Cook, stirring, until softened 4-5 min. Add the **garlic** and cook for 30 sec, until fragrant. Season with **salt** and **pepper**.

6 Drain the **barley**. Add to the **tomatoes** along with the **chives**, **broth concentrate**, **butter**, **½ cup water** and **1 tbsp lemon juice**. (Add more lemon juice, 1 tbsp at a time, if you want it more tangy.) Toss to combine.

7 Finish and serve: Sprinkle **lemon zest** over the **chicken**. Slice the chicken (when you cut into the chicken your almonds may fall off.) Serve atop the **creamy barley risotto** with the **charred broccoli** to the side. Enjoy!

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