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Roasted Chicken with Pomegranate & Grain Salad

This roasted chicken with pomegranate and grain salad is perfect for a mid week pick me up! Glorious red and green are studded with pearl barley – it’s a perfect side for an easy yet impressive dish. Fresh pomegranate is a seasonal treat which makes this sumptuous supper feel very special indeed.



Prep: 10 mins

Cook: 35 mins

Total: 45 mins



level 1



high protein



eat me early

Pantry Items



Olive Oil



Honey



Pearl Barley



Baby Spinach



Zucchini



Chicken Breast



Pomegranate



Roasted Almonds



Mint



Lime

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2P	4P	Ingredients
½ cup	1 cup	pearl barley, rinsed
½ bag	1 bag	baby spinach, rinsed
1	2	zucchini, cut into ribbons
2 fillets	4 fillets	chicken breast
1	1	pomegranate, halved & seeds removed
¼ cup	½ cup	roasted almonds
½ bunch	1 bunch	mint, leaves picked & shredded
½	1	lime, zested & juiced
1 tbs	2 tbs	olive oil *
1 tsp	2 tsp	honey *

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2880	Kj
Protein	50.8	g
Fat, total	27.6	g
-saturated	5	g
Carbohydrate	50.6	g
-sugars	12	g
Sodium	144	mg



You will need: *chef's knife, chopping board, zester, colander, small bowl, large bowl, plate, whisk, tongs, oven tray lined with baking paper, large saucepan and a chargrill pan.*

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Add the **pearl barley** to a large saucepan of salted water and bring to the boil. Cook, stirring occasionally, for **30 minutes** or until soft in texture but slightly chewy. Place the **baby spinach** in the base of a colander. Drain the pearl barley directly over the baby spinach to help it wilt. Place the barley and spinach in a large bowl.

3 Meanwhile, heat a greased chargrill pan over a medium-high heat. Add the **zucchini ribbons** and cook for **1-2 minutes** on each side or until grilled and just tender. Transfer to a plate.

4 Season the **chicken breast fillets** with **salt** and **pepper**. Add to the chargrill pan and cook for **2 minutes** on each side. Then transfer the chicken to the prepared oven tray. Cook in the oven for **10 minutes** or until cooked through. Cut the chicken into 1 cm thick slices

5 Meanwhile, toss the **pomegranate seeds**, zucchini ribbons, **roasted almonds**, sliced chicken, and **mint** through the pearl barley mixture.

6 In a small bowl whisk the **lime juice**, a pinch of **lime zest**, **olive oil** and **honey**, until well combined. Season to taste with salt and pepper. Drizzle the dressing through the salad.

7 To serve, divide the salad between plates and enjoy!

Did you know? Henry the VIII's first wife, Catherine of Aragon, included a pomegranate as an emblem in the coat of arms. His second wife, Anne Boleyn, later changed this to a white dove pecking at a pomegranate.

