



MUSHROOM & BARLEY RISOTTO WITH GRILLED CHICKEN

SERVING SIZE: 4 | COOKING TIME: 45 MINUTES | CONTAINS MILK

INGREDIENTS.....

2 cups barley
2 pounds (lb) mushrooms, sliced thin
3½ cups vegetable stock
1 Spanish onion, cut into small pieces
½ cup parmesan cheese
½ cup milk
1 Tablespoon (Tbsp) olive oil
4 chicken breasts, 6 oz. each
1 Tablespoon (Tbsp) olive oil
2 teaspoons (tsp) kosher salt

WHAT ELSE YOU'LL NEED

- Cutting board and knife
- Mixing bowl
- Medium or large pan
- Large pot
- Cooking utensils
(spatula, wood spoon, tongs or similar)

DIRECTIONS.....

Chicken

1. Using clean hands, add chicken breast, olive oil and kosher salt to a bowl. Combine so that chicken is coated.
2. In a sauté pan over medium heat, add chicken and sear (or, very lightly brown) – about 2-3 minutes. Flip chicken and sear other side – about 2-3 minutes.
3. Reduce heat to low. Cook until the internal temperature of the chicken reaches 165 degrees – about 10 minutes total. Take chicken off heat, once cooked, and set aside.

Barley Risotto

4. Add 1 Tbsp olive oil to a large pot over medium-low heat. Add onions and mushrooms to pot. Cook for 2 minutes until softened.
5. Add barley and cook – about 1 minute.
6. Add vegetable stock to the barley in pot. Bring stock to a boil. Reduce to a simmer on low-medium heat.
7. Allow the pot to simmer until all of the liquid has been absorbed by the barley – about 10-15 minutes.
8. Once liquid has been absorbed, over low heat, add milk and cheese. Stir until all the cheese has melted and barley looks creamy.
9. Remove pot from heat.
10. Spoon barley mix onto plate, placing a chicken breast on top to serve.

