


## Chicken and Mushroom Barleyotto with Crusty Garlic Bread

Serves 10

Ingredients	
3 large (450g) skinless, chicken breast, cut into bite size chunks	1tbsp dried, thyme
1 medium (150g) onion	300g pearl barley
400g mushrooms, well chopped	1200 ml chicken or vegetable stock (hot) made with Kallo very low salt stock cube
1 (6g) clove garlic for cooking, finely chopped 2 (12g) cloves garlic for bread, finely chopped	3 tbsp (45g) grated parmesan cheese
1 tbsp (15g) unsalted butter for cooking 50g unsalted butter for garlic bread	2 medium French bread loaves
1 tbsp (15g) olive oil	1 bunch of fresh parsley, finely chopped

- METHOD:
  - Heat the butter and olive oil in a large saucepan. Sweat the onions and garlic for 5 minutes, add the chicken and cook for a further 2 minutes.
  - Add the barley and cook for a further 1 minute, add 200ml of the stock and stir until absorbed.
  - Add the mushrooms and thyme then pour over 750ml of the remaining stock.
  - Cook on a low simmer for 40 minutes, stirring occasionally until the barley is soft and tender. If the mixture becomes dry at any point top add some of the remaining stock as needed.
  - Toward end of cooking slice the French bread loaf into 10, (cut through each slice at an angle to produce a nice shape/surface) and toast. Mix 2 finely chopped garlic cloves with the 50g butter and a pinch of finely chopped parsley, spread it onto the fresh toast slices. Save the remainder of the parsley for serving
  - When the barley is cooked remove from the heat and stir in the parmesan cheese, serve immediately with a sprinkle of parsley
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- ✓ COOKS TIP – FOR PUREE DIETS, PREPARE POTATO AND EXTRA MUSHROOM TO MAKE A PUREE. GARLIC BREAD OPTIONAL, LEAVE OUT IF PREFERRED
  - ✓ FOR DAIRY FREE DIETS, EXCLUDE PARMESAN CHEESE AND BUTTER, USE VEGETARIAN CHEESE AND SOYA SPREAD AS A BUTTER SUBSTITUTE
  - ✓ FOR WHEAT DIETS, USE WHEAT FREE BREAD ROLL
  - ✓ FOR VEGETARIAN DIETS, OMIT CHICKEN, USE QUORN FILLETS

### Nutrition analysis per serving

Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
383	19.7	11	55	2.4	1.3	3.1	139