

Lemon Chicken “Pilaf” (serves 2)

Traditionally pilaf is a rice dish where the rice is cooked in broth and often meat or fish and spices are added. Here the rice has been replaced with barley or oat groats, both of which give the dish extra texture as well as increasing the amount of fibre in the meal.

Ingredients

2 small chicken breasts, diced	½ chicken stock cube made up with 350ml of water
1 tablespoon of olive oil	4 tablespoons of lemon juice
1 large onion, chopped	Rind of 1 lemon
1 large carrot, diced	1 teaspoon of dried thyme
1 stick of celery, diced	150g pearl barley or oat groats
80g frozen peas	Pinch of ground black pepper
1 clove garlic	

Method

1. Heat the oil in a large saucepan over a moderate heat.
2. Stir in the onions, carrots, celery and garlic and cook gently for about 5 minutes.
3. Stir in the barley and chicken cook for 1 minute.
4. Pour in the chicken stock and bring to the boil.
5. Add the thyme, the lemon juice and rind.
6. Reduce the heat to very low, cover and simmer, stirring occasionally, for 30 minutes or until the barley is almost soft.
7. Add the peas, cover and simmer for 4-5 minutes until the all the stock has been absorbed and the barley is cooked.
8. Season to taste and serve.

Nutrition information

Per 100g	Energy 413kJ 98kcal	Fat 1.7g	Saturates 0.2g	CHO 12.7g	Sugars 1.2g	Protein 6.4g	Fibre 3.2g	Salt 0.15g
Per Serving 565g	Energy 2186kJ 519kcal	Fat 8.9g	Saturates 1.3g	CHO 67.2g	Sugars 6.6g	Protein 34.1g	Fibre 17.0g	Salt 0.81g

Oat/Barley content

75g

of barley or oats per portion

