



# Chicken and Barley Pilaf

- NUTRITION NORTH CANADA -

Barley is a delicious, healthy grain that makes this dish suitable for weeknight family meals as well as weekend get-togethers with friends and neighbours.

#### About The Chef:

A culinary arts professor and consultant, cooking show host, and cookbook co-author, First Nation Chef David Wolfman is an internationally recognized expert in wild game and traditional Indigenous cuisine.



Prep time: 20 mins



Cook time: 60 mins



Serves: 6



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## INGREDIENTS

- ½ cup (80 g) frozen spinach
  - 6 large chicken thighs (2 ¾ lb/1.2 kg), bone in, skin on
  - 1 tsp (5 mL) dried thyme
  - 1 tsp (5 mL) dried basil
  - ½ tsp (2.5 mL) ground cumin
  - ½ tsp (2.5 mL) ground black pepper
  - 1 tsp (5 mL) salt, divided
  - 2 Tbsp (30 mL) oil, divided
  - 1 large onion, diced
  - 1 cup (250 mL) mushrooms, quartered
  - 3 medium cloves garlic, chopped
  - 1 can (14 oz/414 mL) diced tomatoes, with juice
  - 1 cup (250 mL) pearl barley, rinsed and drained
  - 2 cups (500 mL) chicken broth
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## Instructions

1. Preheat oven to 350°F (175°C).
2. Thaw spinach and set aside.
3. In a large mixing bowl, season the meat with thyme, basil, cumin, pepper and ½ teaspoon (2.5 mL) of salt. Mix well.
4. In a large oven-safe pan with a tight-fitting lid, heat 1 tablespoon (15 mL) of oil over medium heat.
5. Brown the meat skin-side down. Carefully turn the thighs over without tearing the skin, to brown on the other side. Remove meat from the pan and set aside.
6. Add 1 tablespoon (15 mL) oil and sauté the onion for 2 minutes.
7. Add the mushrooms and continue to cook for 3 minutes.
8. Add the garlic and continue to cook for 1 more minute.
9. Add the tomatoes with juice, barley, ½ teaspoon (2.5 mL) salt and the chicken broth. Mix well.
10. Return the meat to the pan, cover with lid and bring to a simmer. Transfer pan to the oven and bake for 45 minutes.
11. Add the spinach. Mix well, cover pan, set aside for 10-12 minutes so that barley absorbs the excess liquid. Serve hot.



Chill leftover pilaf for up to 3 days in the fridge. To freeze, let cool, then transfer to food safe containers.

Freeze for up to 3 months. When ready to use, thaw pilaf in the fridge overnight. Heat to serving temperature (165°F/74°C or higher).