

White Wine Chicken & Barley

Servings: 2

Active Time: 15 minutes

Total Time: 30 minutes

Ingredients

1/2 lb. chicken breast
1/4 teaspoon paprika
1/2 teaspoon Kosher salt
1/2 teaspoon freshly ground black pepper
1 tablespoon olive oil
2 garlic cloves, sliced
1/2 teaspoon dried thyme
1/2 cup white wine
1 cup (8 ounces) chicken stock
1 cup (8 ounces) quick-cooking barley
2 tablespoons chopped parsley
1 tablespoon white balsamic vinegar
1/4 lemon

Directions

Preheat a saute pan over medium heat; add the olive oil.

Combine the paprika, salt, and pepper together in a small bowl. Coat the chicken breast in this spice mixture, then add to the preheated pan.

Cook the first side of the chicken for 3 minutes or until it releases easily from the pan; then cook on the second side for an additional 2 minutes. Remove from the pan and set aside. The chicken will not be cooked through at this point.

Add the garlic cloves and thyme to the pan and cook for 1 minute. Then, add in the white wine and stock, and bring to a boil, making sure to scrape the bottom of the pan to get up any browned bits.

Add the barley to the pan, bring the pan back up to a simmer, then nestle the chicken breasts into the liquid.

Cover the pan with a lid and simmer over medium heat for 15 to 20 minutes, or until the liquid has reduced and the chicken and barley are cooked through.

Garnish the dish with the chopped parsley, white balsamic vinegar, and a squeeze of lemon juice before serving.