

Chicken & Barley Bake

Ingredients:

- Olive oil
- 6 chicken thighs
- 1 cup mushrooms
- 1 cup onion
- Crushed garlic
- 2 ½ cups chicken stock
- 1 ½ cups boiling water
- 1 cup white wine
- 1 cup IMBO Pearl
- Barley
- Salt
- 2 tbsp fresh thyme
- 1 ½ cups cooked garden peas

Directions:

1. Fry chicken thighs in olive oil on both sides until a deep golden brown.
2. Remove the chicken from the pan and add mushrooms, onion and crushed garlic. Brown for 5 minutes.
3. Add chicken stock, boiling water, white wine and pearl barley to the pot. Season with salt.
4. Add fresh thyme and bring to the boil before adding the chicken thighs back into the pot.
5. Simmer for 45 minutes.
6. Remove the chicken thighs from the pot.
7. Stir through cooked garden peas. Serve & ENJOY!