



FRENCH ONION CHICKEN

Caramelized onion & sautéed mushrooms, barley with peas

COOK TIME
40 MIN

SERVINGS
2

CALORIES PER SERVING
1030

We're wild about the blanket of melty cheese that tops traditional French onion soup, so our chefs brilliantly recreated the effect for this comforting dish. Here, chicken breasts are coated in a fragrant blend of garlic, thyme, and paprika, then seared and roasted with a layer of gooey provolone cheese. A rich pan sauce with caramelized onion and sautéed mushrooms is spooned over top, and a bed of barley with peas cradles it all.

INGREDIENTS (8 ITEMS)

- 2 (6 oz) **Chicken breasts**
- 1 ¼ tsp **Garlic, thyme & paprika**
- 2 oz **Provolone cheese** M
- 1 whole **Yellow onion**
- 4 ¼ oz **Cremini mushrooms**
- ¾ cup **Barley** W
- 3 ½ oz **Peas**
- 2 ¼ oz **Seasoned mushroom broth** T

WHAT YOU'LL NEED

- small pot with lid
- large sauté pan
- baking sheet
- measuring cup & spoons
- thermometer
- oven mitt
- cooking oil
- 3 tbsp butter M
- salt & pepper

ALLERGENS

- M MILK
- W WHEAT
- T TREE NUTS (coconut)



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 COOK BARLEY

- Preheat oven to 400 degrees.
- Heat about 1 ½ tablespoons cooking oil in a small pot over medium-high heat. Add **barley** to hot pot. Season with about ½ teaspoon salt and about ¼ teaspoon pepper. Cook about 2 minutes, stirring frequently.
- Add 3 cups water. Stir. Bring to a boil, then reduce heat to medium. Cover pot with lid. Cook 32-34 minutes, or until barley is tender* and water is absorbed, stirring occasionally.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork. Add **peas** and 1 tablespoon butter. Season with about half of the **garlic, thyme, and paprika**, about ¼ teaspoon salt, and a pinch of pepper. Stir until butter is melted.

*Barley has a slightly firmer texture than some other grains.

4 COOKING FOR

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 PREP

- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Quarter **mushrooms**.

3 SEASON & COOK CHICKEN

- Pat **chicken breasts** dry with paper towels. Season with salt, pepper, and remaining **garlic, thyme, and paprika**.
- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **chicken** to hot pan. Sear about 3 minutes on each side.
- Transfer **chicken** to a lightly oiled, foil-lined baking sheet. Sprinkle with **provolone cheese**. Transfer baking sheet to oven. Roast 10-12 minutes, or until chicken is fully cooked* and cheese is melted.

*Chicken is fully cooked when internal temperature reaches 165 degrees.

4 CARAMELIZE ONION

- Heat about 1 tablespoon cooking oil in pan used for chicken over medium-high heat. Add **onion** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until onion begins to brown, stirring occasionally.
- Reduce heat to medium-low. Add about 2 tablespoons water. Cook 5-6 minutes, or until water is cooked off and onion is lightly caramelized, stirring occasionally.

5 ADD MUSHROOMS & MAKE SAUCE

- Increase heat on pan with **onion** to medium. Add **mushrooms** and 2 tablespoons butter. Cook 3-4 minutes, or until mushrooms soften, stirring occasionally.
- Add **seasoned mushroom broth**. Cook about 3 minutes, or until sauce is slightly reduced and mushrooms are tender, stirring occasionally.

6 PLATE YOUR DISH

- Divide **barley with peas** between plates. Serve **French onion chicken** over top. Spoon **pan sauce with caramelized onion and sautéed mushrooms** over chicken. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (498g)

Amount per serving

Calories 1030

	% Daily Value*
Total Fat 55g	71%
Saturated Fat 20g	100%
Trans Fat 0.5g	
Cholesterol 160mg	53%
Sodium 910mg	40%
Total Carbohydrate 79g	29%
Dietary Fiber 16g	57%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 59g	
Vitamin D 0mcg	0%
Calcium 318mg	25%
Iron 4mg	20%
Potassium 558mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Chicken Breasts, Yellow Onion, Provolone Cheese [pasteurized milk, cheese cultures, salt, enzymes], **Cremini Mushrooms, Peas, Garlic, Thyme & Paprika** (Dried Thyme, Granulated Garlic, Sweet Paprika), **Seasoned Mushroom Broth** (Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Mushroom Broth [water, mushrooms, sea salt, garlic], Apple Cider Vinegar [raw and unfiltered organic apple cider vinegar], Dijon Mustard [grain vinegar, water, mustard seed, salt, spices]), **Barley** [wheat]

Allergen information:

Contains Wheat, Tree Nuts And Milk

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.