

# Lemon Chicken with Barley



## Ingredients

2 Tbsp. olive oil

1 lb. boneless, skinless chicken breasts, cut into bite-sized pieces (season with salt & pepper, if you'd like)

1 Tbsp. flour

2 cups water

1 cup sliced carrots , about 1/2-inch thick

1 package **Knorr® One Skillet Meals Lemon Chicken with Barley**

1 package (6 oz.) baby spinach leaves


## Directions

**1. HEAT** your olive oil in a large nonstick skillet over medium-high heat. Toss your chicken with flour and then cook 4 minutes until browned. (Chicken will continue to thoroughly cook in Step 2 with the barley.)

**2. ADD** water, carrots and contents of Knorr® One Skillet Meals to the skillet and bring to a boil. Cover, turn down the heat to medium-low and simmer 23 minutes or until barley is tender. (For perfectly cooked barley, make sure to keep covered.)

**3. PLACE** your spinach on top of the barley mixture and cover. Remove from heat and let stand covered 2 minutes (the heat will begin to wilt the spinach). Stir until spinach is completely wilted and well blended. Now it's delicious, dig in!

  
**SERVINGS**  
4

  
**PREP TIME**  
10 min

  
**COOK TIME**  
28 min

