

# Parmesan-Basil Chicken Patties

*with Braised Romano Beans & Barley*

Though the delicate, round green beans we're most familiar with are delicious, they're not the only "green beans" on the scene. The term is fairly broad, encompassing a large variety of snap and string beans. No fair! Well, we're giving credit where credit is due, introducing one of these delicious varieties by name. Flat, hearty Romano beans are delightfully crunchy and mouthwateringly fresh. They stand up well to heat, making them perfect for braising.



## Ingredients

- 2 Cloves Garlic
- 1 Bunch Basil
- 1 Tomato
- ½ Bunch Spring Onions
- ½ Pound Romano Beans
- ¾ Cup Barley
- 10 Ounces Ground Chicken
- ¼ Cup Breadcrumbs
- ¼ Cup Grated Parmesan Cheese

Makes 2 Servings  
About 540 Calories Per Serving



# Instructions



## Prepare the ingredients:

Wash and dry the fresh produce. Heat a small pot of salted water to boiling on high. Peel and mince the garlic. Pick the basil leaves off the stems; discard the stems. Medium dice the tomato. Cut off and discard the roots of the onions; thinly slice the onions on an angle, separating the white bottoms and green tops. Cut off and discard the ends of the Romano beans; cut the beans into 2-inch pieces.



## Cook the barley:

Add the **barley** to the pot of boiling water and cook 16 to 18 minutes, or until tender. Drain thoroughly and return to the pot. Drizzle with olive oil, season with salt and pepper to taste, and stir to combine. Set aside as you continue cooking.



## Cook the aromatics:

While the barley cooks, in a large pot, heat 2 teaspoons of olive oil on medium until hot. Add the **garlic** and **white bottoms of the onions** and season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened and fragrant.



## Braise the vegetables:

Increase the heat to medium-high and stir in the **Romano beans, tomato** and  $\frac{1}{2}$  **cup of water**. Season with salt and pepper and bring the mixture to a boil. Once boiling, cover and reduce the heat to medium-low. Simmer, stirring occasionally, 22 to 24 minutes, or until the beans are tender. Turn off the heat and stir in a drizzle of olive oil, **half of the green tops of the onions** and **half of the basil** (roughly chopping the leaves just before adding); season with salt and pepper to taste.



## Make & cook the chicken patties:

While the vegetables braise, in a medium bowl, combine the **chicken, breadcrumbs, all but a pinch of the Parmesan** and the **remaining basil** (roughly chopping the leaves just before adding). Season with salt and pepper. Using your hands, form the mixture into four  $\frac{1}{2}$ -inch-thick patties. In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium until hot. Add the chicken patties and cook, loosely covering the pan with aluminum foil, 4 to 6 minutes per side, or until browned and cooked through. Transfer the cooked patties to a plate.



## Plate your dish:

Divide the **barley** between 2 dishes and top with the **braised vegetables** and **chicken patties**. Garnish with the **remaining green tops of the onions** and **remaining Parmesan cheese**. Enjoy!