

Less than 45 minutes

Serves 4-6

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Ingredients:

- 3 Tbsp (45ml) olive oil
- 8 chicken drumsticks
- Salt and milled pepper
- 2 each onions, carrots and red peppers, finely diced
- 3 cloves garlic, chopped
- 2 cups (500g) pearl barley
- 4 tsp (20ml) smoked paprika
- 6 cups (1.5L) chicken stock
- 1 cup (250ml) frozen peas
- Parsley, for serving
- Lemon wedges, for serving

Method:

1. Preheat oven to 180°C.
2. Heat half the oil in a large ovenproof dish.
3. Brown chicken well and season. Remove and set aside.
4. Heat remaining oil on low-medium heat in the same dish.
5. Sauté onions, carrots and peppers until soft.
6. Add garlic and fry for a minute, or until fragrant.
7. Stir through barley and paprika and heat through.
8. Add 4 cups (1L) stock and stir to combine. Season.
9. Simmer on low heat for 10-15 minutes.
10. Add peas and place drumsticks on top. Add remaining stock and cover with foil.
11. Bake for 10 minutes.
12. Uncover and bake for a further 10 minutes, or until stock is reduced.
13. Serve with parsley and lemon wedges.