



Grilled Chicken & Charred Broccoli Salad with Honey Mustard Mayonnaise

GOOD TO BBQ

NEW

Grab your meal kit with this number

20



Broccoli Florets



Avocado



Garlic



Chicken Breast



Classic Roast Seasoning



Chilli Flakes (Optional)



Mixed Salad Leaves



Dijon Mustard



Mayonnaise



Chicken Breast



Grated Parmesan Cheese

Prep in: 20-30 mins
Ready in: 30-40 mins

Carb Smart

Protein Rich

Eat Me Early

Turn up the heat with tonight's chicken feast, fresh off the barbecue! The charred broccoli salad has won our hearts (and our stomachs) - tender and smokey, and tossed with a garlic chilli butter, it's the star of the show! Drizzle over a sweet and tangy honey mustard mayo, and this flavourful combo is the perfect way to bring that backyard barbecue vibe to your plate.

Pantry items

Olive Oil, Butter, White Wine Vinegar, Honey

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

BBQ or large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
broccoli florets	1 medium packet	1 large packet
avocado	1 (small)	1 (large)
garlic	2 cloves	4 cloves
chicken breast	1 medium packet	2 medium packets OR 1 large packet
classic roast seasoning	1 medium sachet	1 large sachet
butter*	20g	40g
chilli flakes (optional) 🌶️	pinch	pinch
mixed salad leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
Dijon mustard	1 medium packet	2 medium packets
mayonnaise	1 medium packet	1 large packet
honey*	1 tsp	2 tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2130kJ (537cal)	537kJ (135cal)
Protein (g)	42.6g	10.7g
Fat, total (g)	33g	8.3g
- saturated (g)	5.3g	1.3g
Carbohydrate (g)	8.1g	2g
- sugars (g)	4.9g	1.2g
Sodium (mg)	985mg	248.1mg
Dietary Fibre (g)	8.3g	2.1g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Preheat BBQ to high heat.
- Trim and halve any large **broccoli florets**.
- Slice **avocado** in half, scoop out flesh and roughly chop.
- Finely chop **garlic**.
- In a medium bowl, combine **broccoli** and a drizzle of **olive oil**.
- Place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a second medium bowl, combine **chicken**, **classic roast seasoning** and a drizzle of **olive oil**.



Cook the chicken

- Add **chicken** to BBQ grill plate and cook, turning occasionally, until charred and cooked through (when no longer pink inside), **6-8 minutes**. Transfer to a plate.

No BBQ? *In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks until cooked through, 3-5 minutes each side (cook in batches if your pan is getting crowded).*



Prep the chilli garlic butter

- In a small microwave-safe bowl, place **garlic**, the **butter**, a pinch of **chilli flakes** (if using) and a pinch of **salt**. Microwave in **10 seconds** bursts until melted.



Toss the salad

- In a large bowl, combine **broccoli**, **garlic chilli butter**, **avocado**, **mixed salad leaves** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.
- In a small bowl, combine **Dijon mustard**, **mayonnaise** and the **honey**.



Cook the broccoli

- When BBQ is hot, grill **broccoli**, turning occasionally, until tender, **5-6 minutes**.

No BBQ? *Heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook broccoli, tossing, until tender, 6-8 minutes.*



Serve up

- Slice chicken.
- Divide charred broccoli salad and grilled chicken between plates.
- Drizzle over honey mustard mayonnaise to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



CUSTOM OPTIONS



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



ADD GRATED PARMESAN CHEESE

Sprinkle over before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

