



Flame-Grilled Chicken & Charred Broccoli

with Garlic Herb Potatoes

GOOD TO BBQ

KIWI FLAVOURS

NEW

Grab your meal kit with this number

20



Potato



Broccoli Florets



Garlic



Parsley



Kiwi Spice Blend



Chicken Thigh



Mixed Salad Leaves



Grated Parmesan Cheese



Diced Bacon

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

Carb Smart

Protein Rich

Eat Me Early

Let's turn up the heat with this BBQ delight! Smokey grilled chicken pairs perfectly with a vibrant charred broccoli salad, bringing bold flavours to the table. Toss in some golden garlic herb potatoes and you've got a smokey, savoury masterpiece made for al fresco dining. If you don't have a BBQ, follow our stovetop method!

Pantry items

Olive Oil, Butter, Balsamic Vinegar

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 · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
broccoli florets	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
parsley	1 packet	1 packet
Kiwi spice blend	1 sachet	2 sachets
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
butter*	20g	40g
mixed salad leaves	1 medium packet	1 large packet
balsamic vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1822kJ (435Cal)	361kJ (86Cal)
Protein (g)	38.7g	7.7g
Fat, total (g)	18.4g	3.6g
- saturated (g)	4.6g	0.9g
Carbohydrate (g)	29.6g	5.9g
- sugars (g)	1.9g	0.4g
Sodium (mg)	591mg	117mg
Dietary Fibre (g)	9g	1.8g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the potato

- Preheat BBQ to high heat. Boil the kettle.
- Cut **potato** into bite-sized chunks.
- Half-fill a medium saucepan with boiling water and add a generous pinch of **salt**.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and set aside.

4



Grill the broccoli

- Meanwhile, grill **broccoli**, turning occasionally, until tender, **5-6 minutes**. Transfer to a large bowl.

No BBQ? Return the frying pan to medium-high heat with a drizzle of olive oil. Cook broccoli, tossing occasionally, until tender, 6-8 minutes.

2



Get prepped

- Meanwhile, cut any larger **broccoli florets** in half.
- Finely chop **garlic** and **parsley**.
- In a medium bowl, combine **Kiwi spice blend**, a pinch of **salt** and a drizzle of **olive oil**. Add **chicken thigh** and turn to coat.
- In a large bowl, combine **broccoli**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.

5



Bring it all together

- Return the saucepan to medium-high heat. Add the **butter** and **garlic** and cook, tossing, until fragrant, **1-2 minutes**.
- Remove from heat, return **potatoes** and stir through **parsley** until well combined. Season with **salt** and **pepper**.
- To the bowl with grilled broccoli, add **mixed salad leaves** and a drizzle of **balsamic vinegar** and **olive oil**. Toss to combine and season.

3



Grill the chicken

- When the BBQ is hot, add **chicken** and cook, turning occasionally, until charred and cooked through (when no longer pink inside), **8-12 minutes**. Transfer to a plate.

No BBQ? In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken thigh, turning occasionally, until browned and cooked through, 10-14 minutes. Transfer to a plate and cover to keep warm.

6



Finish & serve

- Slice the chicken.
- Divide flame-grilled chicken, garlic herb potatoes and charred broccoli salad between plates to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW03



CUSTOM OPTIONS



ADD GRATED PARMESAN CHEESE

Add to the potatoes, along with parsley, and stir until combined.



ADD DICED BACON

Cook, breaking up with tongs or a spoon, 4-6 minutes. Sprinkle over potatoes.

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

