

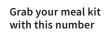
Flame-Grilled Chicken & Charred Broccoli

with Garlic Herb Potatoes

GOOD TO BBO

KIWI FLAVOURS

NEW











Broccoli Florets







Kiwi Spice Blend



Chicken Thigh

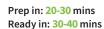




Leaves







Eat Me Early





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
Sodium (mg)	591mg	117mg

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.



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.



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.



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.



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.



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.



Finish & serve

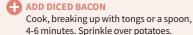
- · Slice the chicken.
- Divide flame-grilled chicken, garlic herb potatoes and charred broccoli salad between plates to serve. Enjoy!







and stir until combined.



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

