



BBQ-Rubbed Chicken

with Broccoli Salad and Creamy Dill Dressing

Family Friendly

25 Minutes



Chicken Thighs



Broccoli, florets



BBQ Seasoning



Salad Topping Mix



Mayonnaise



Sour Cream



Yellow Onion



Dill



BBQ Sauce



Canned Corn

HELLO BBQ CHICKEN

Bring the taste of BBQ season into your kitchen with this grill-inspired dish!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Bust out

2 Baking sheets, medium bowl, measuring spoons, silicone brush, strainer, aluminum foil, large bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	4	8
Broccoli, florets	454 g	908 g
BBQ Seasoning	1 tbsp	2 tbsp
Salad Topping Mix	56 g	56 g
Mayonnaise	4 tbsp	8 tbsp
Sour Cream	3 tbsp	6 tbsp
Yellow Onion	56 g	113 g
Dill	7 g	7 g
BBQ Sauce	2 tbsp	4 tbsp
Canned Corn	½ can	1 can
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Prep

Finely chop **half the dill** (use all for 4 ppl). Peel, halve, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch pieces. Cut **broccoli** into bite-sized pieces. Drain, then rinse **corn**. Pat **chicken** dry with paper towels. Add **chicken** and **BBQ Seasoning** to a medium bowl. Season with **salt** and **pepper**, then toss to coat.



Broil chicken

Transfer **chicken** to another foil-lined baking sheet. Brush **half the BBQ sauce** (all for 4 ppl) over tops of **chicken**. Broil in the **middle** of the oven until cooked through, 5-6 min.**



Broil veggies

Add **broccoli, onions, half the corn** (use all for 4 ppl) and **1 tbsp oil** to a foil-lined baking sheet. Season with **salt** and **pepper**, then toss to combine. Broil in the **middle** of the oven until **broccoli** is golden-brown and tender, 4-5 min. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet. Broil in the top and middle of the oven, rotating sheet positions halfway through.)



Assemble salad

While **chicken** broils, stir together **mayo**, **sour cream** and **dill** in a large bowl. Add **broiled veggies** and **salad topping mix**. Stir to combine.



Sear chicken

While **veggies** broil, heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until **golden-brown**, 2-3 min per side. (**TIP:** It's okay if the chicken doesn't cook all the way through in this step!)



Finish and serve

Divide **BBQ chicken** and **broccoli salad** between plates.

Dinner Solved!