



BBQ Rubbed Chicken and Broccoli Salad

with Creamy Dill Dressing and Cranberries

Family 30 Minutes



Chicken Thighs/Leg



Broccoli, florets



BBQ Seasoning



Seed Blend



Mayonnaise



Sour Cream



Yellow Onion



Dill



BBQ Sauce



Corn Kernels



Dried Cranberries

HELLO BBQ CHICKEN

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

Start here

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

Bust Out

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

Ingredients

	2 Person	4 Person
Chicken Thighs/Leg	310 g***	620 g***
Broccoli, florets	227 g	454 g
BBQ Seasoning	1 tbsp	2 tbsp
Seed Blend	28 g	56 g
Mayonnaise	2 tbsp	4 tbsp
Sour Cream	3 tbsp	6 tbsp
Yellow Onion	113 g	113 g
Dill	7 g	7 g
BBQ Sauce	2 tbsp	4 tbsp
Corn Kernels	56 g	113 g
Dried Cranberries	28 g	56 g
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F

*** Minimum weight of chicken

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

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

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



Prep

Finely chop **half the dill** (all for 4 ppl). Peel, halve then dice **half the onion** (whole onion for 4 ppl). Cut **broccoli** into bite-sized pieces. Pat **chicken** dry with paper towels. Toss **chicken** with **BBQ Seasoning** in a medium bowl. Season with **salt and pepper**. Toss to coat and set aside.



Broil chicken

When **chicken** is golden-brown, transfer to another foil-lined baking sheet. Brush **BBQ sauce** over tops of **chicken**. Broil, in the **middle** of the oven, until cooked through, 5-6 min.**



Broil veggies

Toss **broccoli, corn** and **onions** with **1 tbsp oil** (dbl for 4 ppl) on a foil-lined baking sheet. Season with **salt** and **pepper**. Broil, in the **middle** of the oven, until **broccoli** is golden-brown and tender, 4-5 min.



Assemble salad

While the **chicken** broils, stir together the **mayo, sour cream** and **dill** in a large bowl. Add the **broiled veggies, cranberries** and **seed blend**. Stir to coat.



Sear chicken

While the **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.



Finish and serve

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

Dinner Solved!