



BBQ Rubbed Chicken

with Broccoli Salad and Creamy Dill Dressing

Quick 25 Minutes



Chicken Thighs



Chicken Breasts



Broccoli, florets



BBQ Seasoning



Salad Topping Mix



Mayonnaise



Sour Cream



Yellow Onion



Dill



BBQ Sauce



Canned Corn



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

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, strainer

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	4	8
Chicken Breasts ♦	2	4
Broccoli, florets	454 g	908 g
BBQ Seasoning	1 tbsp	2 tbsp
Salad Topping Mix	56 g	112 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	113 g	227 g
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 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.

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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 (whole onion for 4 ppl). 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. Set aside.

**CUSTOM RECIPE**

If you've opted to get **chicken breasts**, carefully slice **each chicken breast** in half, parallel to the cutting board. Season and cook the **chicken breasts** in the same way the recipe instructs you to season and cook the **chicken thighs**.



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** (dbl for 4 ppl) 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.



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 coat.



Sear chicken

While **veggies** broil, heat a large non-stick pan over medium-high heat. When hot, add **½ tsp 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!