DINNERLY

Honey-Mustard Grilled Chicken

with Charred Broccoli Slaw

ca. 20min 2 Servings

Listen up. Light up the grill and pull out your best picnic blanket because this is what summer is all about. We're charring some chicken, lathering it in everyone's favorite honey-mustard, then charring it again for extra measure. Oh, and we char broccoli for a zippy slaw with almonds. See a theme here? We've got you covered!

WHAT WE SEND

- ½ lb broccoli
- garlic
- 1 oz smoked almonds [1,2]
- ½ oz pkt honey
- ½ oz pkt whole-grain mustard
- 1 pkt sour cream [3]
- ½ lb pkg boneless, skinless chicken breasts

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar)
- sugar

TOOLS

- grill or grill pan

ALLERGENS

Soy (1), Tree Nuts (2), Milk (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 390kcal, Fat 22g, Carbs 16g, Protein 29g

1. Prep ingredients

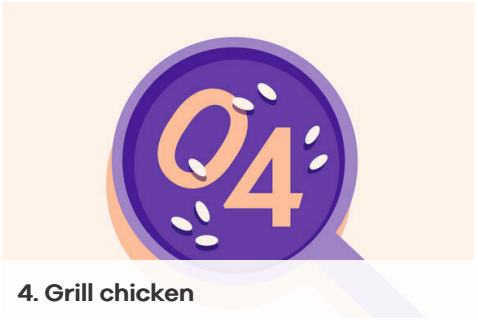
Preheat grill to medium, if using. Trim stem ends from **broccoli**, then cut into 2-inch florets. Finely chop **½ teaspoon garlic**. Coarsely chop **almonds**.

2. Grill broccoli

Heat grill pan to medium, if using. Lightly **oil** grill grates. Add **broccoli** and grill, covered, turning occasionally, until lightly charred and crisp-tender, 5–6 minutes. Transfer to a cutting board. Let cool slightly, then coarsely chop.

3. Make sauce & dressing

In a small bowl, stir to combine **honey**, **mustard**, **2 teaspoons oil**, and **a pinch each of salt and pepper**. In a large bowl, stir to combine **sour cream**, **chopped garlic**, **1 tablespoon water**, **1 teaspoon vinegar**, **½ teaspoon sugar**, and **1 tablespoon oil**; season with **a pinch each of salt and pepper**.

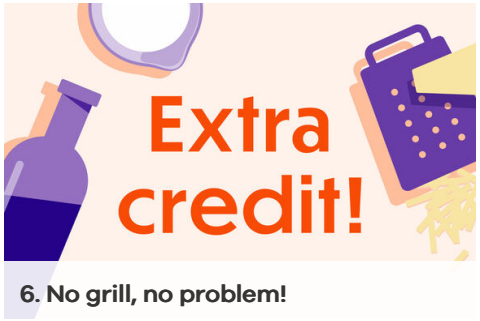


4. Grill chicken

Pat **chicken** dry, then pound to ½-inch thickness, if necessary; season all over with **salt** and **pepper**. Transfer to grill or grill pan, and grill until lightly charred and cooked through, 2–3 minutes per side. Brush **half of the honey-mustard** over chicken and cook, turning, until glaze is charred in spots, about 1 minute. Transfer to plates.

5. Dress broccoli & serve

Toss **charred broccoli** and **half of the almonds** in bowl with **sour cream dressing**; season to taste with **salt** and **pepper**. Spoon **remaining honey-mustard** over **grilled chicken**, then sprinkle **remaining almonds**. Serve **charred broccoli slaw** alongside. Enjoy!



6. No grill, no problem!

Use a skillet! Heat 1 tablespoon oil in a medium skillet over medium. Add broccoli and cook until crisp-tender, 5–6 minutes. Transfer to cutting board. Heat 1 tablespoon oil in same skillet, then add chicken and cook until cooked through, 2–3 minutes per side. Brush with half of honey-mustard and cook, turning, until glaze is charred in spots, 1 minute.