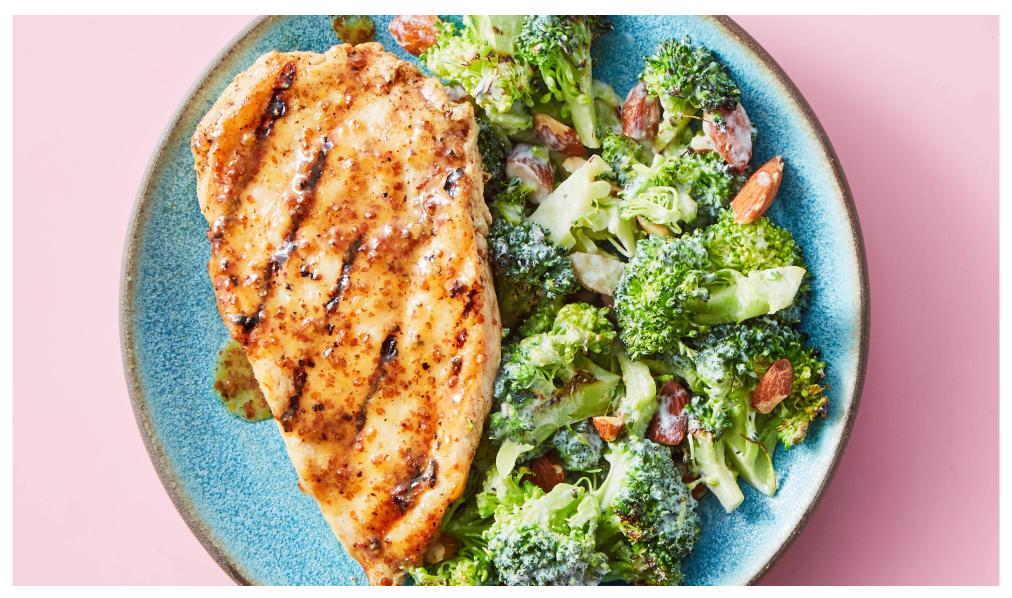
# **DINNERLY**



## Low-Cal Honey-Mustard Grilled Chicken with Charred Broccoli Slaw





Light up the grill and pull out your best picnic blanket. 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 salted almonds. See a theme here? We've got you covered!

#### **WHAT WE SEND**

- ½ lb broccoli
- 1 oz salted almonds 15
- ½ oz honey
- ½ oz whole-grain mustard
- 1 oz sour cream 7
- 10 oz pkg boneless, skinless chicken breast

#### WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar) <sup>17</sup>
- sugar
- garlic

#### **TOOLS**

· grill or grill pan

#### **ALLERGENS**

Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

#### **NUTRITION PER SERVING**

Calories 430kcal, Fat 22g, Carbs 19g, Protein 41g



### 1. Prep broccoli slaw

Preheat grill to medium, if using.

Cut **broccoli** into 2-inch florets, if necessary. 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 a 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 top; 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 with 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.