

DINNERLY



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



ca. 20min



2 Servings

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 ¹⁷
- 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) ¹⁷
- 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.