

Chargrilled Honey-Mustard Chicken

with Haloumi, Courgette Salad & Creamy Dill Potatoes

Grab your Meal Kit with this symbol



Potato



Garlic



Lemon



Wholegrain Mustard



Chicken Breast Strips



Courgette



Tomato



Mixed Salad Leaves



Haloumi



Dill & Parsley Mayonnaise



Grated Parmesan Cheese

 Hands-on: **20-30 mins**
Ready in: **30-40 mins**

 Eat me early

In tonight's BBQ feast, tender and juicy grilled chicken gets a punch of tangy wholegrain mustard and sweet honey to balance it out. Also joining in the ring is a moreish bowl of creamy herbed potatoes, plus some gooey haloumi for a final K.O. To get flavour that really packs a punch, be sure to marinate the chicken for a few hours or the night before in the fridge. No barbie? No worries. Just follow our tips for cooking on the stove or in the oven!

Pantry items

Olive Oil, Honey, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

BBQ · Large saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
garlic	3 cloves	6 cloves
lemon	½	1
honey*	1 tbs	2 tbs
wholegrain mustard	1 packet (40g)	2 packets (80g)
chicken breast strips	1 packet	1 packet
courgette	1	2
tomato	1	2
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 bag (30g)	1 bag (60g)
haloumi	1 packet	2 packets
dill & parsley	1 packet	2 packets
mayonnaise	(100g)	(200g)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4729kJ (1130Cal)	606kJ (144Cal)
Protein (g)	67g	8.6g
Fat, total (g)	76.8g	9.8g
- saturated (g)	25.9g	3.3g
Carbohydrate (g)	41.6g	5.3g
- sugars (g)	15.7g	2g
Sodium (mg)	2101mg	269mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the potato

Preheat the BBQ to a medium-high heat. Bring a large saucepan of salted water to the boil. Cut the **potato** (unpeeled) into 2cm chunks. Cook the **potato** in the boiling water until easily pierced with a knife, **10-12 minutes**. Drain the **potato** and return to the saucepan. Set aside to cool.



Cook the chicken

When the BBQ is hot, using tongs, pick up the **chicken** and let any excess marinade drip back into the bowl. Grill the **chicken**, turning, until charred and cooked through, **8-12 minutes**. While cooking, occasionally spoon any excess **marinade** over the chicken. Transfer to a plate to rest. While the chicken is resting, grill the **courgette** until charred and softened, **3-5 minutes** on each side.

TIP: No BBQ? In a large frying pan, heat a drizzle of olive oil over a high heat. Cook the chicken and marinade, tossing occasionally, until browned and cooked through, 3-4 minutes. Transfer to a plate. Wipe out the frying pan and return to a high heat with a drizzle of olive oil. Cook the courgette until lightly golden, 3-5 minutes on each side. Transfer to a plate.



Prep the chicken

While the potato is cooking, finely chop the **garlic**. Zest the **lemon** to get a pinch, then slice in half. In a medium bowl, combine the **garlic**, **lemon zest**, a generous squeeze of **lemon juice**, the **honey**, **wholegrain mustard** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Add the **chicken breast strips** and toss to coat. Set aside.

TIP: For extra flavour, marinate the chicken for a few hours or the day before in a covered container in the fridge.



Cook the haloumi

Add the **haloumi** to the BBQ flat plate and grill until golden brown, **2-3 minutes** each side. While the haloumi is grilling, add the **dill & parsley mayonnaise** and **grated Parmesan cheese** to the **potato**. Gently toss to coat and season to taste. Roughly chop the grilled **courgette**, then add to the **salad** and toss to coat.

TIP: Avoid using the grill plate to cook your halloumi in case it gets stuck!

TIP: No BBQ or flat plate? Return the frying pan to a medium-high heat with a drizzle of olive oil. Cook the haloumi until golden brown, 2 minutes each side.



Prep the salad & haloumi

Thinly slice the **courgette** into batons. Cut the **tomato** into 1cm wedges. Place the **courgette** on a plate with a generous drizzle of **olive oil**. Season with **salt** and **pepper**. Set aside. In a medium bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Add the **tomato** and **mixed salad leaves**, then set aside. Pat the **haloumi** dry with paper towel and cut into 1cm slices. Place the **haloumi** on a second plate, drizzle with **olive oil** and toss to coat.



Serve up

Bring everything to the table to serve. Help yourself to the chargrilled honey-mustard chicken, haloumi, charred courgette salad and creamy dill potatoes.

Enjoy!