

Chargrilled Miso-Honey Chicken

with Pea Pod Salad & Chilli Butter Corn Cobs

GOOD TO BBQ

NEW

Grab your meal kit with this number

14



Corn



Pea Pods



Garlic



Miso Paste



Chicken Thigh



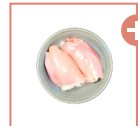
Mixed Salad Leaves



Japanese Style Dressing



Chilli Flakes (Optional)




Chicken Thigh



Beef Rump

Prep in: 20-30 mins
Ready in: 30-40 mins

 Calorie Smart

 Eat Me Early

 Protein Rich

This miso-honey chicken will have you wanting to make BBQ night, every night! With a special pea pod and Japanese dressed salad and chilli-butter corn, this meal has the trimmings to become a dish that is the greatest of all time. If you don't have a BBQ, follow along with our stovetop method to enjoy this dinner delight.

Pantry items

Olive Oil, Honey, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

BBQ or large frying pan & medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
corn	2 cobs	4 cobs
pea pods	1 small packet	1 medium packet
garlic	1 clove	2 cloves
miso paste	1 packet	2 packets
honey*	½ tbs	1 tbs
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
mixed salad leaves	1 medium packet	1 large packet
Japanese style dressing	1 packet	2 packets
chilli flakes (optional) 🌶️	pinch	pinch
butter*	10g	20g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2648kJ (447cal)	447kJ (76cal)
Protein (g)	44.8g	7.6g
Fat, total (g)	29.1g	4.9g
- saturated (g)	7.9g	1.3g
Carbohydrate (g)	48g	8.1g
- sugars (g)	24.2g	4.1g
Sodium (mg)	671mg	113.3mg
Dietary Fibre (g)	14g	2.4g

The quantities provided above are averages only.

Allergens

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

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



Get prepped

- Preheat BBQ to high heat.
- Halve **corn cobs**.
- Trim and thinly slice **pea pods**.
- Finely chop **garlic**.
- In a small bowl, combine **miso paste**, the **honey** and a splash of **water**.
- In a medium bowl, combine **chicken thigh** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Turn to coat and set aside.



Glaze the chicken

- In the **last minute** of cook time, brush chicken all over with **miso-honey mixture**, until charred and slightly sticky.
- Transfer to a plate.



Grill the corn

- When the BBQ is hot, add **corn** to BBQ grill plate and cook, turning, until charred and cooked through, **10-15 minutes**.

NO BBQ? Half-fill a medium saucepan with water and bring to the boil. Cook corn in boiling water until tender and bright yellow, 5 minutes. Drain. Cover to keep warm.



Toss the salad

- In a large bowl, combine **pea pods**, **mixed salad leaves** and **Japanese style dressing**. Season to taste.
- In a small microwave-safe bowl, combine **garlic**, a pinch of **chilli flakes** (if using) and the **butter**.
- Microwave in **10 second** bursts, until fragrant.



Cook the chicken

- Meanwhile, add **chicken** to BBQ grill plate and cook, turning occasionally, until charred and cooked through, **8-12 minutes**.

NO BBQ? In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken thigh, turning occasionally, until browned and cooked through, 10-14 minutes.

TIP: Chicken is cooked through when it is no longer pink inside.



Serve up

- Slice chicken.
- Divide pea pod salad, corn cobs and chargrilled miso-honey chicken between plates.
- Drizzle chilli butter over corn.
- Sprinkle with remaining **chilli flakes** (if using) to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW51



CUSTOM OPTIONS



DOUBLE CHICKEN THIGH

Follow method above, cooking in batches if necessary.



SWAP TO BEEF RUMP

Cook, turning, for 3-4 minutes for medium-rare. Rest then slice before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

