



## Poached Chicken and Burghul Salad

with Honey-Lemon Dressing



20-30min



2 Portions

You'll typically find burghul in tabbouleh, but we've made cracked wheat the star of this hearty, family-friendly meal. Simply poach and thinly slice chicken, then throw in some broccoli, fragrant mint and basil, and crunchy toasted slivered almonds. A sweet and sour honey, lemon and mustard dressing brings it all together.

## What we send

- burghul wheat <sup>1</sup>
- silvered almonds <sup>15</sup>
- lemon, broccoli
- basil, mint
- free-range chicken breast

## What you'll require

- boiling water
- Dijon mustard <sup>17</sup>
- extra virgin olive oil
- Australian honey
- sea salt and pepper
- water

## Utensils

- medium frypan
- small frypan
- small saucepan

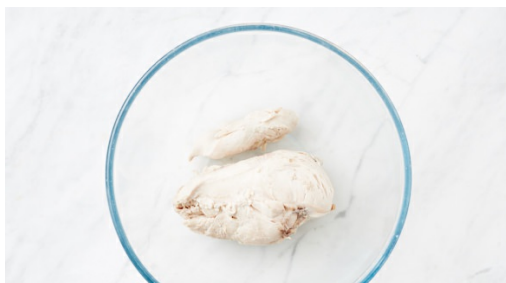
Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Gluten (1), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 760.0kcal, Fat 36.0g, Proteins 51.5g, Carbs 51.4g



### 1. Poach chicken

Put the **chicken** in a medium saucepan and cover with water. Bring to the boil, cover, then reduce the heat to low and simmer (do not boil) for 10 mins, turning the chicken once. Remove from the heat. Transfer to a board.



### 2. Prepare ingredients

While the **chicken** is poaching, trim the **broccoli** and cut into florets. Finely grate the zest of **half the lemon**, then juice the half (reserve remaining half for another use). Pick the **mint** and **basil** leaves, then coarsely tear. Bring a small saucepan of salted water to the boil for the broccoli.



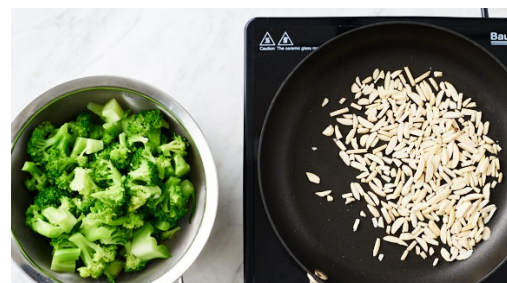
### 3. Make burghul

Put the **burghul** in a large heatproof bowl. Add **125ml (½ cup) boiling water** and season with **salt**. Stir to combine, then stand for 5 mins.



### 4. Make dressing

Meanwhile, put the **lemon zest** and **juice**, **2 tbs olive oil**, **2 tsp Dijon mustard**, **2 tsp honey** and **1 tbs water** in a bowl. Season with **salt and pepper** and whisk to combine.



### 5. Cook broccoli

Blanch the **broccoli** in the pan of boiling water for 2 mins. Drain and cool under cold running water, then shake dry. Meanwhile, put the **almonds** in a cold small frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the heat.



### 6. Get ready to serve

Thinly slice the **chicken**. Add the chicken, **broccoli**, **herbs**, **dressing** and **half the almonds** to the **burghul** and stir gently to combine. Divide among bowls and scatter over the **remaining almonds** to serve.