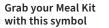
with Garden Salad & Fries



















Chicken Breast

Panko Breadcrumbs







Mixed Salad



Cheese

Garlic Aioli

Pantry items

Olive Oil, Butter, Plain Flour, Egg

Hands-on: 35-45 mins Ready in: 45-55 mins



Introducing a succulent chicken breast stuffed with herb butter and covered in a golden crumb. Sound familiar? It's the much-loved chicken kiev - cheat's style! It's baked instead of fried, and served with salad, chips and creamy aioli.

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
butter*	40g	80g	
potato	2	4	
garlic	½ clove	1 clove	
parsley	1 bunch	1 bunch	
lemon	1/2	1	
chicken breast	1 packet	1 packet	
plain flour*	2 tbs	1/4 cup	
salt*	1 tsp	2 tsp	
egg*	1	2	
panko breadcrumbs	1 packet	1 packet	
tomato	1	2	
carrot	1/2	1	
mixed salad leaves	1 bag (30g)	1 bag (60g)	
Greek salad cheese	½ packet (25g)	1 packet (50g)	
garlic aioli	1 packet (50g)	1 packet (100g)	

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3590kJ (858Cal)	570kJ (136Cal)
Protein (g)	52.1g	8.3g
Fat, total (g)	43.8g	7g
- saturated (g)	16.3g	2.6g
Carbohydrate (g)	61.5g	9.8g
- sugars (g)	7.9g	1.3g
Sodium (mg)	1658mg	263mg

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.



Bake the fries

Preheat the oven to 240°C/220°C fan-forced. Bring the butter to room temperature. Cut the potato (unpeeled) into 1cm fries. Place the fries on an oven tray lined with baking paper. Drizzle with olive oil and season with salt. Toss to coat, then bake until tender, 20-25 minutes.

TIP: Cut the potato to size so it cooks in time.



Prep the chicken

While the fries are baking, finely grate the **garlic** (see ingredients). Finely chop the **parsley** leaves. Slice the **lemon** into wedges. In a medium bowl, add the **butter**, **garlic**, **parsley** and a squeeze of **lemon juice**. Season with **salt** and **pepper**. Mash together with a fork, then set aside. Place your hand flat on top of a **chicken breast** and slice horizontally, without cutting all the way through. Open up the **chicken breast** like a book, then spread with some of the **garlic butter**. Close the **chicken**, then repeat with the remaining **chicken** and **garlic butter**.



Crumb the chicken

In a shallow bowl, combine the **plain flour** and the **salt**, then season with **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**, then season with **salt** and **pepper**. Carefully dip each piece of **chicken** in the seasoned **flour**, followed by the **egg**, and finally into the **panko breadcrumbs**. Transfer to a plate.

TIP: Be gentle when crumbing the chicken to ensure the butter mixture is kept inside!



Cook the chicken

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, cook the crumbed **chicken** until golden, **2-3 minutes** each side. Transfer to a second oven tray lined with baking paper and bake until cooked through, **6-10 minutes**.

TIP: Some of the garlic butter will seep out, don't worry, you can serve it on the side.



Make the salad

While the chicken is baking, roughly chop the **tomato**. Grate the **carrot** (see ingredients). In a large bowl, combine a generous squeeze of **lemon juice** with a drizzle of **olive oil**. Add the **tomato**, **carrot** and **mixed salad leaves**. Crumble in the **Greek salad cheese** (see ingredients) and toss to coat.



Serve up

Divide the baked chicken kievs, fries and garden salad between plates. Serve with the **garlic aioli** and any remaining lemon wedges.

Enjoy!