

# Baked Chicken Kiev's

with Garden Salad & Fries

Grab your Meal Kit with this symbol



Potato



Garlic



Parsley



Lemon



Chicken Breast



Panko Breadcrumbs



Tomato



Carrot



Mixed Salad Leaves




Greek Salad Cheese



Garlic Aioli

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

 Eat me early

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.

### Pantry items

Olive Oil, Butter, Plain Flour, Egg

## 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

	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	½	1
chicken breast	1 packet	1 packet
plain flour*	2 tbs	¼ cup
salt*	1 tsp	2 tsp
egg*	1	2
panko breadcrumbs	1 packet	1 packet
tomato	1	2
carrot	½	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](https://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.



## 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.



## 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**.



## 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.



## 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!



## Serve up

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

## Enjoy!