



BAKED CHICKEN KIEVS

with Sweet Potato Chips



Make a cheat's chicken kiev



Sweet Potato



Garlic



Parsley



Lemon



Chicken Breast



Panko Breadcrumbs



Cherry Tomatoes



Cucumber



Mixed Salad Leaves



Mustard Cider Dressing



Fetta



Dill & Parsley Mayonnaise

Hands-on: **35 mins**
Ready in: **40 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 herbed mayo.

Pantry Staples: Olive Oil, Butter, Plain Flour, Eggs

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper**
- **large frying pan**



1 BAKE THE SWEET POTATO CHIPS

Preheat the oven to **220°C/200°C fan-forced**. Bring the **butter** to room temperature. Cut the **sweet potato** (unpeeled) into 1cm chips. Place the chips on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then bake until tender, **30-35 minutes**.

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



2 PREP THE CHICKEN

While the chips are baking, finely chop the **garlic** (or use a garlic press). Finely chop the **parsley**. Slice the **lemon** into wedges. In a medium bowl, place 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 breasts**.



3 CRUMB THE CHICKEN

In a shallow bowl, combine the **plain flour**, the **salt** and a **good pinch** of **pepper**. In a second shallow bowl, whisk the **eggs**. In a third shallow bowl, combine the **panko breadcrumbs** with a **pinch** of **salt** and **pepper**. Carefully dip each piece of **chicken** in the **flour mixture**, followed by the **egg**, and finally in the **panko breadcrumbs**. Set aside on a plate. **TIP:** Be gentle when crumbing the chicken to keep the butter mixture inside!



4 COOK THE CHICKEN

Heat a large frying pan over a medium-high heat and add enough **olive oil** to coat the base of the pan. When the oil is hot, add the **crumbed chicken** and cook 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, but don't worry, you can serve it on the side.



5 MAKE THE SALAD

While the chicken is baking, halve the **cherry tomatoes**. Thinly slice the **cucumber** into half-moons. In a large bowl, add the **cherry tomatoes, cucumber, mixed salad leaves** and **mustard cider dressing**. Crumble over the **fetta** and toss to coat.



6 SERVE UP

Divide the baked chicken kiev, sweet potato chips and salad between plates. Serve with the **dill & parsley mayonnaise** and remaining lemon wedges.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
butter*	80g
sweet potato	4
garlic	1 clove
parsley	1 bag
lemon	1
chicken breast	1 packet
plain flour*	¼ cup
salt*	2 tsp
eggs*	2
panko breadcrumbs	2 packets
cherry tomatoes	1 punnet
cucumber	1
mixed salad leaves	1 bag (60g)
mustard cider dressing	1 tub
fetta	1 block (25g)
dill & parsley mayonnaise	1 tub (100g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3600kJ (860Cal)	580kJ (139Cal)
Protein (g)	51.2g	8.3g
Fat, total (g)	47.2g	7.6g
- saturated (g)	17.1g	2.8g
Carbohydrate (g)	55.9g	9.0g
- sugars (g)	14.9g	2.4g
Sodium (g)	1400mg	226mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

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