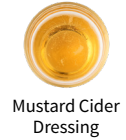
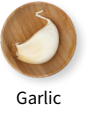


Baked Chicken Kiev's


with Sweet Potato Fries



Grab your Meal Kit with this symbol



 Hands-on: 35-45 mins
Ready in: 40-50 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 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
sweet potato	2	4
garlic	½ clove	1 clove
parsley	1 bag	1 bag
lemon	½	1
chicken breast	1 small packet	1 large packet
plain flour*	1½ tbs	3 tbs
salt*	1 tsp	2 tsp
egg*	1	2
panko breadcrumbs	1 packet	2 packets
cherry tomatoes	1 punnet	2 punnets
mixed salad leaves	1 bag (30g)	1 bag (60g)
mustard cider dressing	½ packet (20g)	1 packet (40g)
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3391kJ (810Cal)	539kJ (128Cal)
Protein (g)	50.4g	8g
Fat, total (g)	41.2g	6.5g
- saturated (g)	14.1g	2.2g
Carbohydrate (g)	56.1g	8.9g
- sugars (g)	16.2g	2.6g
Sodium (mg)	1424mg	226mg

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.



Bake the sweet potato fries

Preheat the oven to **240°C/220°C fan-forced**. Bring the **butter** to room temperature. Cut the **sweet potato** (unpeeled) into 1cm fries. Place 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 sweet potato to size so it cooks in time.



Prep the chicken

While the sweet potato is baking, finely grate the **garlic**. Finely chop the **parsley** leaves. Cut the **lemon** into wedges. In a medium bowl, combine 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 each **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**.



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** and season with **salt** and **pepper**. Carefully dip each piece of **chicken** in the **flour mixture**, followed by the **egg**, and finally in the **panko breadcrumbs**. Transfer to a plate.

TIP: Be gentle when crumbing the chicken to keep the butter mixture inside!



Cook the chicken

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base. 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, but don't worry, you can serve it on the side.



Make the salad

While the **chicken** is baking, halve the **cherry tomatoes**. In a large bowl, combine the **cherry tomatoes**, **mixed salad leaves** and **mustard cider dressing** (see ingredients). Toss to combine.



Serve up

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

Enjoy!