



Baked Chicken Kiev & Potato Fries

with Feta Salad & Garlic Aioli

Grab your Meal Kit with this symbol



Potato



Garlic



Parsley



Lemon



Chicken Breast



Panko Breadcrumbs



Tomato



Carrot



Mixed Salad Leaves



Feta



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	2 packets
tomato	1	2
carrot	½	1
mixed salad leaves	1 bag (30g)	1 bag (60g)
feta	1 block (25g)	1 block (50g)
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3640kJ (869Cal)	560kJ (134Cal)
Protein (g)	51.0g	7.9g
Fat, total (g)	45.6g	7.0g
- saturated (g)	17.6g	2.7g
Carbohydrate (g)	60.7g	9.4g
- sugars (g)	7.6g	1.2g
Sodium (mg)	1570mg	242mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. 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.



4. 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, 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, don't worry, you can serve it on the side.

TIP: Chicken is cooked through when it's no longer pink inside.



2. Prep the chicken

While the fries are baking, finely grate the **garlic** (see ingredients list). 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 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**.



5. Make the salad

While the chicken is baking, roughly chop the **tomato**. Grate the **carrot** (see ingredients list), unpeeled. 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** to the bowl. Crumble in the **feta** and toss to coat.



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 **egg**. In a third shallow bowl, combine the **panko breadcrumbs** with a **pinch** of **salt** and **pepper**. Carefully dip each piece of **chicken** in the seasoned **flour**, followed by the **egg**, and finally in the **panko breadcrumbs**. Set aside on a plate.

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



6. Serve up

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

Enjoy!