Cheat's Chicken Kiev

with Mash and Green Beans



Instead of stuffing chicken breasts with garlic butter, you'll be drizzling them with it!

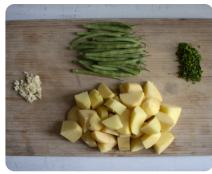
Cooking Time: 40 min

Cals 1151 | Prot 67 | Carbs 109 | Fat 53

Don't add the parsley to the butter but use it as a garnish instead, sparing any non-herb-enthusiasts! Make sure not to burn the butter or garlic! Low and slow works best here...

Ingredients	For 2	For 3	For 4	
Chicken				
Chicken breast	400	500	600	Grams
Plain flour	30	30	50	Grams
Eggs	1	1	2	Piece
Panko bread crumbs	90	120	180	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp
Vegetable oil	2	3	4	Tbsp
Garlic butter				
Garlic cloves	4	6	8	Piece
Fresh parsley	15	15	30	Grams
Salted butter	100	100	200	Grams
Mash				
Potatoes	600	900	1200	Grams
Whole milk	100	100	200	ML
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp
Side				
Green beans	250	375	500	Grams









1 Prep vegetables

Preheat the oven to 200°C/180°C fan. Trim the green beans. Peel and finely chop the garlic. Finely chop the parsley. Peel and chop the potatoes into bite-size pieces.

2 Boil and mash potatoes

Add the **potatoes** to a pot of water with a large pinch of salt. Bring to a boil over a high heat and cook for 15-20 min until soft. Once soft, drain the potatoes and return them to the pan. Mash until smooth, slowly pouring in enough milk to reach the desired consistency. Season with salt and **pepper** and set aside, covered, until serving.

3 Bread chicken

Meanwhile, add the flour, eggs and panko bread crumbs to three separate bowls. Beat the eggs. Season the **flour** with **salt** and pepper. Pat the chicken breasts dry and turn them in the seasoned flour. then dip them in the beaten eggs and finally coat them in the panko bread crumbs







4 Fry chicken

Heat a non-stick pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the breaded chicken breasts and cook for 5-6 min on each side until golden. If the surface starts to brown too quickly, reduce the heat to low. (Option: you can finish cooking the chicken in the oven for 10 min.)

5 Boil green beans

Meanwhile, add the green beans to a pot with a pinch of salt and cover with boiling water. Cook the beans over a medium heat for 5 min until tender Drain



6 Make garlic butter

Meanwhile, heat a second pot or pan over a medium-low heat with the butter and chopped garlic. Once melted, add the chopped parsley and cook for 1-2 min. Make sure not to burn the **butter** or **garlic**! Serve the breaded **chicken** alongside the mash and green beans. Drizzle everything with the garlic butter.