

Cheat's Chicken Kiev

with Mash and Green Beans

hellóchef

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

Cals 941 • Prot 73 • Carbs 85 • Fat 35

Weekly Classic

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Plain flour 10* , 11*	30	30	50	Grams
Organic Eggs 5*	1	2	2	Piece
Panko bread crumbs 10* , 11* , 12*	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
Parmesan 4*	30	45	60	Grams
Butter 4*	50	100	100	Grams
Mash				
Potatoes	600	900	1200	Grams
Whole milk 4*	100	100	200	ML
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Sides				
Green beans	250	375	500	Grams

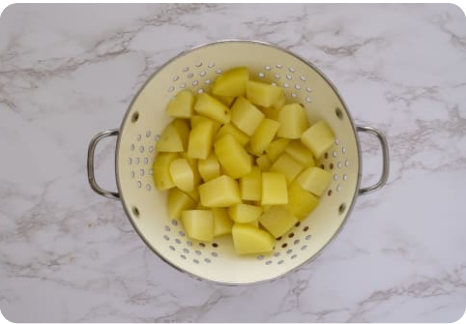
Allergens

*10 Wheat, *11 Gluten, *5 Eggs, *12 Lupin, *4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3933 / 941
Fat (g)	34.6
of which saturates (g)	20.1
Carbohydrate (g)	85
of which sugars (g)	9.8
Fiber (g)	12.2
Protein (g)	73.4
Salt (g)	1.6

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil potatoes

Preheat the oven to 200°C/180°C fan. Peel and chop the **potatoes** into bite-size pieces. Add them 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. Drain and allow to steam dry in a colander.



2 Coat 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**.

Tip! If you have leftover breadcrumbs, dip the breaded chicken back into the egg and panko for extra crunch!



3 Bake chicken

Place the breaded **chicken** on an oiled baking tray. Drizzle with **vegetable oil**. Bake for 20 min until cooked through. Meanwhile, return the **potatoes** to the pan. Mash until smooth, slowly pouring in enough **milk** to reach the desired consistency. Season generously with **salt** and **pepper** and set aside, covered, until serving.

Tip! If using an air fryer, preheat to 190°C. Add the breaded chicken into the air fryer basket with a drizzle or spray of oil. Air fry for 15-18 min until golden and cooked through.



4 Boil beans

Meanwhile, trim the **green beans**. 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.



5 Garlic butter

Meanwhile, peel and grate the **garlic**. Finely chop the **parsley**. Grate the **Parmesan** finely. Heat a second pot or pan over a medium-low heat with the **butter** and **garlic**. Once melted, add the chopped **parsley** and cook for 1-2 min. Make sure not to burn the **butter** or **garlic**! Remove from the heat and add the **Parmesan** with a pinch of **salt**.

Tip! Not a big fan of herbs? Don't add the parsley to the butter but use it as a light garnish instead.



6 Serve

Serve the breaded **chicken** alongside the **mash** and **green beans**. Drizzle everything with the **garlic butter**.