



# JESSE'S 'CHICKEN KIEV'

with Parsley Mash and Broccoli



## HELLO BROCCOLI

*This vegetable is actually a flowerhead. Each of those tiny little green dots is a bud!*



Flat Leaf Parsley



Butter



Chicken Fillet



Panko Breadcrumbs



Garlic Mayonnaise



Potato



Broccoli

MEAL BAG  
GFI

Hands on: **25 mins**  
Total: **35 mins**

**2** of your  
**5** a day

Family Box

Chef Jesse's perfectly crispy chicken kiev's are quick and easy to prep making them a great thing to cook midweek. Stuffed with a parsley herb butter, coated in panko breadcrumbs and baked until golden, the classic flavours in this dish are guaranteed to go down a treat in your kitchen. Served with a creamy mash and broccoli for a good hit of your five a day, this is wholesome homecooked comfort food at its very best.

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Large Saucepans**, a **Chopping Board**, **Baking Tray**, **Colander** and **Potato Masher**. Now, let's get cooking!



## 1 MAKE HERB BUTTER

Preheat your oven to 200°C and put a large saucepan of water with a pinch of salt on to boil for the potato. Roughly chop the **parsley** (stalks and all!). Chop the **butter** into cubes and pop into a small bowl along with **half the parsley** and a good pinch of **salt** and **pepper**. Use a fork to mash the **parsley** and **butter** together. **★ TIP:** *If the butter is too cold, just warm it in the microwave for a few seconds.*



## 2 STUFF THE CHICKEN

Lay a **chicken breast** on your board. Insert a small knife into the middle of the thickest part of the **breast** lengthways to create a pocket about 3cm wide. Cut about  $\frac{3}{4}$  of the way into the **fillet**, not right through! Repeat with each **chicken breast**, then push the **butter** into the pocket with a spoon. Close the opening with your hands to seal in the **butter**. **❗ IMPORTANT:** *Remember to wash your hands and equipment after handling raw meat!*



## 3 BREADCRUMB TIME!

In a small bowl, mix together the **panko breadcrumbs**, **half the remaining parsley**, a drizzle of **oil** and a good pinch of **salt** and **pepper**. Tip onto a plate. Smear one side of the **chicken** with a little **mayo**. Place it mayo-side-down into the **crumbs**. Smear the other side of the **chicken** with **mayo** and turn it over so both sides are coated. Repeat for the other **fillet(s)**.



## 4 COOK THE CHICKEN

Lightly **oil** a baking tray and lay the **chicken fillets** on it. Roast on the top shelf of your oven for 25-30 mins. **❗ IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.* Chop the **potato** into 2cm chunks (no need to peel). Boil until cooked, 15-20 mins. **★ TIP:** *The potato is cooked when you can easily slip a knife through.*



## 5 BOIL THE BROCCOLI

Meanwhile, put another large saucepan of water on to boil. Chop the **broccoli** into florets (little trees) and add to the pan. Boil until tender, 6-8 mins, then drain in a colander and return to the pan (off the heat). When the **potato** is done, drain in the colander and return to the pan. Add the remaining **parsley**, **salt** and **pepper** and **mash** until smooth. Add a knob of **butter** or a splash of **milk** (if you have some) for extra indulgence!



## 6 DISH UP

Once the **chicken** is cooked and the **crumb** is crisp and golden, remove from your oven and pop on a plate, alongside the **mash** and **broccoli**. Drizzle over any **butter juices** left in the tray and dig in! **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Flat Leaf Parsley *	½ bunch	¾ bunch	1 bunch
Butter 7) *	30g	60g	60g
Chicken Fillet *	2	3	4
Panko Breadcrumbs 13)	1 small pot	1 medium pot	1 large pot
Garlic Mayonnaise 8) 9)	1 sachet	2 sachets	2 sachets
Potato *	1 small pack	1 large pack	2 small packs
Broccoli *	1	1	2

\* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 592G	PER 100G
Energy (kcal)	686	116
(kJ)	2870	485
Fat (g)	31	5
Sat. Fat (g)	11	2
Carbohydrate (g)	53	9
Sugars (g)	5	1
Protein (g)	49	8
Salt (g)	0.39	0.07

Nutrition for uncooked ingredients based on 2 person recipe.

## ALLERGENS

7) Milk 8) Egg 9) Mustard 13) Gluten

**🧼** Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

## 👍 THUMBS UP OR THUMBS DOWN?

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