



Chicken Kiev

with Lemon Braised Vegetables



20-30min



2 Portions

Here's an update to a classic favourite, which traditionally swims in butter. While the fat's been dialled right back here, nothing's lost in the flavour department thanks to the zingy herbs, lemon and garlic. Plus plenty of healthy, crunchy vegetables.

What we send

- free-range chicken breast fillet
- parsley, oregano, garlic
- broccoli
- zucchini
- chat potato
- lemons

What you'll require

- Dijon mustard ¹⁷
- extra virgin olive oil
- olive oil
- sea salt and pepper
- water

Utensils

- fine grater
- medium frypan with lid

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 435kcal, Fat 21.9g, Carbs 9.7g, Proteins 44.2g



1. Prepare garlic-herb mix

Crush the **garlic**. Pick the **parsley** and **oregano leaves**, discarding the stems. Finely chop. Finely grate the zest of **quarter of the lemon**. Cut the lemon into quarters. Put the garlic, herbs, 1 tsp lemon zest, **2 tsp Dijon mustard** and **1 tbs extra virgin olive oil** into a bowl and stir to combine. Season with **salt and pepper**.



2. Prepare vegetables

Thinly slice the **zucchini**. Peel and very thinly slice the **potatoes**. Cut the **broccoli** into small florets.



3. Fill chicken

Halve the **chicken breast** on an angle to create 2 even-sized portions. Cut a small pocket into the thickest part of the side of each chicken breast, taking care not to cut all the way through. Spoon the **garlic-herb mixture** into the pockets.



4. Brown chicken

Heat **1 tbs olive oil** in a medium frypan over medium-high heat. Cook the **chicken** for 2 mins each side or until browned, seasoning with salt and pepper. Remove from the heat and remove the chicken from the pan.



5. Cook vegetables

Put the **potatoes** into the same pan, spreading them in an even layer. Put the **broccoli** and **zucchini** on top, seasoning with **salt and pepper** between the layers.



6. Get ready to serve

Squeeze over the juice from **1 lemon quarter** and **80ml (1/3 cup) water**. Put the **chicken** on top, cover and cook over medium heat for 10 mins or until the chicken is cooked and the vegetables are tender. Divide the **chicken** and **vegetables** among plates and serve with the **remaining lemon quarters**.