






**HEALTHY
CHOICE**

Chicken Kiev

with Lemon Braised Vegetables

 20-30min  4 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
- lemon

What you'll require

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

Utensils

- fine grater

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 430kcal, Fat 21.9g, Carbs 9.2g, Proteins 44.0g



1. Prepare garlic-herb mix

Crush the **garlic**. Pick the **parsley** and **oregano leaves**, discarding the stems. Finely chop. Finely grate the zest of **half the lemon**, then juice the half. Cut remaining lemon into 4 wedges. Put the garlic, herbs, 2 tsp lemon zest, **1 tbs Dijon mustard** and **2 tbs extra virgin olive oil** in a bowl and mix 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 each **chicken breast** on an angle to create 4 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 **2 tbs olive oil** in a large, deep 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

Pour over the **lemon juice** and **160ml (2/3 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 wedges**.