

# DINNERLY



## Chicken Kiev with Potato Wedges and Glazed Carrot

 30-40 minutes  2 Servings

Show off your kitchen skills with our easy take on classic chicken Kiev. Simply fill the chicken with a parsley butter, flash in the pan, then bake off with the spuds.

## WHAT WE SEND

- parsley
- 2 carrots
- 1 large free-range chicken breast fillet
- 5g cumin and coriander spice blend
- 1 tbs maple syrup
- 400g chat potatoes

## WHAT YOU NEED

- butter <sup>7</sup>
- garlic clove
- olive oil

## TOOLS

- oven tray
- baking paper
- medium frypan
- small saucepan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Milk (7). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 585kcal, Fat 28.3g, Carbs 36.9g, Proteins 41.7g



### 1. Prep ingredients

Preheat the oven to 200C. Line an oven tray with baking paper. Put **40g butter** in a bowl and allow to soften. Crush or finely chop **1 garlic clove**. Cut the **unpeeled potatoes** into wedges. Finely chop the **parsley**, discarding the stems. Peel the **carrots**, halve widthwise, then cut into wedges.



### 2. Roast potato

Put the **potato** on the lined tray, drizzle with **2 tsp olive oil**, season with **salt and pepper** and toss to combine. Roast for 20 mins.



### 3. Stuff chicken

Meanwhile, using a sharp knife, cut a deep slit in one side of the **chicken** to form a pocket, taking care not to cut all the way through. Add the **garlic, parsley** and **1 tsp cumin and coriander spice blend** (the remaining spice won't be used) to the butter and stir well to combine. Fill the chicken with the **butter mixture** and press together to seal (see Kitchen tip).



### 4. Cook chicken

Heat **2 tsp olive oil** in a medium frypan over high heat. Cook the **stuffed chicken** for 2 mins each side or until browned. Transfer to the oven tray with the **potato** and roast for a further 10-12 mins until the potato is golden and tender and the chicken is cooked through. Remove from the oven and rest the chicken for 5 mins.



### 5. Glaze carrot and serve up

Meanwhile, bring a small saucepan of salted water to the boil. Add the **carrot** and cook for 3-4 mins until tender, then drain and return to pan. Add **1 tbs maple syrup**, season with **salt and pepper** and stir over low heat for 30 secs until glazed. Cut the **chicken** in half on an angle. Divide **potato, carrot** and **chicken** among plates, then drizzle over any tray juices.



### 6. Kitchen tip

If you have a few toothpicks on hand, use them to help close the slit in the chicken.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)  
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 Packed in Australia  
from at least **95%**  
Australian ingredients