

# DINNERLY



## Chicken Kiev with Potato Wedges and Glazed Carrot

 30-40 minutes  4 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

- 3 carrots
- 2 large free-range chicken breast fillets
- 5g cumin and coriander spice blend
- 1 tbs maple syrup
- 800g chat potatoes
- parsley WAS 40g

### WHAT YOU NEED

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

### TOOLS

- 2 oven trays
- baking paper
- large frypan
- medium saucepan

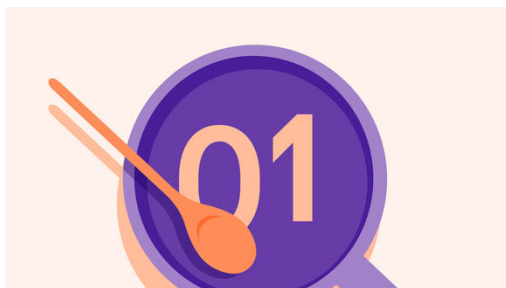
Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

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

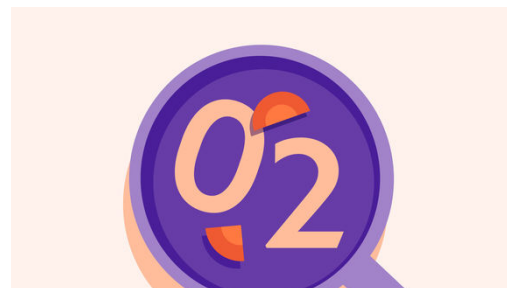
### NUTRITION PER SERVING

Energy 560kcal, Fat 28.3g, Carbs 31.2g, Proteins 41.4g



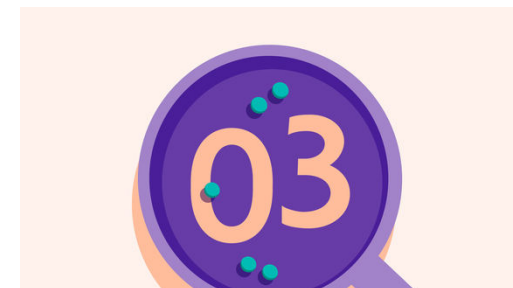
#### 1. Prep ingredients

Preheat the oven to 200C. Line 2 oven trays with baking paper. Put **80g butter** in a bowl and allow to soften. Crush or finely chop **2 garlic cloves**. Cut the **unpeeled potatoes** into wedges. Finely chop the **parsley**, discarding the stems. Peel the **carrots**, halve widthwise, then cut into wedges.



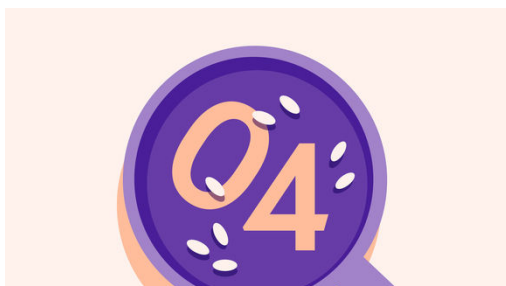
#### 2. Roast potato

Put the **potato** on one lined tray, drizzle with **1 tbs olive oil**, season with **salt and pepper** and toss to combine. Roast for 20 mins.



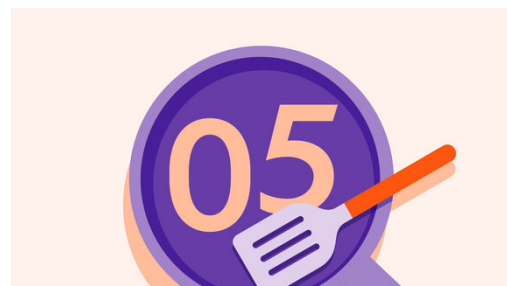
#### 3. Stuff chicken

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 **2 tsp cumin and coriander spice blend** (any 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 **1 tbs olive oil** in a large frypan over high heat. Cook the **stuffed chicken** for 2 mins each side or until browned. Transfer to the remaining lined tray 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 medium 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)  
View the recipe online by visiting your account at [dinnerly.com.au](https://dinnerly.com.au)     **#dinnerly**

 **Packed in Australia**  
from at least **95%**  
Australian ingredients