



UCCOOK

Chicken Kiev & Lemon Sauce

with roasted butternut mash, radish & walnuts

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Tiisetso Maema

Wine Pairing: Boschendal | 1685 Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	603kJ	4677kJ
Energy	144kcal	1119kcal
Protein	6.4g	49.7g
Carbs	10g	81g
of which sugars	1.8g	14.2g
Fibre	2g	15.2g
Fat	9.1g	70.3g
of which saturated	4.6g	35.4g
Sodium	104mg	804mg

Allergens: Sulphites, Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Butternut Chunks
50g	50g	Butter
6g	10g	Mixed Herbs <i>rinse, pick & finely chop</i>
1	1	Garlic Clove <i>peel & grate</i>
1	1	Lemon <i>rinse, zest & cut into wedges</i>
1	2	Free-range Chicken Breast/s
40ml	80ml	Herb Flour <i>(30ml [60ml] Cake Flour, 10ml [20ml] NOMU Italian Rub)</i>
60ml	125ml	Panko Breadcrumbs
20g	40g	Green Leaves <i>rinse & roughly shred</i>
20g	40g	Radish <i>rinse & slice into thin rounds</i>
10g	20g	Walnuts <i>roughly chop</i>
50ml	100ml	Fresh Cream

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Egg/s
Milk (optional)
Butter
Toothpick
Paper Towel
Water

1. MMMASH Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Place the roasted butternut in a bowl with a knob of butter and a splash of water or milk. Mash with a fork and cover.

2. BUTTERFLY AND BUTTER & GARLIC FILLING In a bowl, combine the butter, herbs, ½ lemon zest and garlic. Season and set aside. Pat the chicken breast dry with paper towel and place on a chopping board. Slice into one side of the breast, starting at the thicker end and ending at the thin point (be careful not to cut all the way through). Open up the breast so that it resembles a butterfly, spread the garlic and herb butter inside of the butterflied chicken breast (reserving ¼ of the mixture for the lemon sauce). Close the chicken breast and secure the sides with a toothpick.

3. COAT & FRY UNTIL CRISPY Whisk 1 egg in a shallow dish with a splash of water. Prepare a second shallow dish containing the herb flour and third containing the breadcrumbs. Mix until combined. Coat the breast in the herb flour, then the egg mixture, and then in the crumb. When passing through the crumb, press it into the meat so it sticks. Set aside. Place a pan over a medium-high heat with enough oil to cover the base. When hot, add the chicken and fry for 2-4 minutes per side until golden. Remove from the pan on completion and transfer to a roasting tray. Place in the hot oven and cook for 8-10 minutes until cooked through.

4. NUTTY SALAD In a bowl, mix a drizzle of olive oil and squeeze the rest of the lemon. Add in the radish and allow to marinate in the dressing, 5 mins. Add in the green leaves and walnuts. Season and set aside.

5. CREAMY, ZESTY SAUCE Put a pan on medium heat with the rest of the garlic and herb butter. Once melted, add in the cream and the remaining lemon zest. Simmer the sauce until thickened and reduced, 2-4 minutes. Once the sauce has reduced, take the sauce off the heat, add a squeeze of ½ the lemon and season.

6. KIEV = COMPLETE! Plate up the butternut mash, top with the crispy chicken kiev and lemon cream sauce. Plate the salad alongside the chicken and enjoy.

Chef's Tip Place the walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.