

# UCCOOK

## Chicken Kiev & Lemon Sauce

with roasted butternut mash, radish & walnuts

**Hands-on Time:** 50 minutes

**Overall Time:** 65 minutes

**Adventurous Foodie:** Serves 3 & 4

**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 3 | [Serves 4] |                                                                              |
|----------|------------|------------------------------------------------------------------------------|
| 600g     | 800g       | Butternut Chunks                                                             |
| 100g     | 100g       | Butter                                                                       |
| 16g      | 20g        | Mixed Herbs<br><i>rinse, pick &amp; finely chop</i>                          |
| 2        | 2          | Garlic Cloves<br><i>peel &amp; grate</i>                                     |
| 2        | 2          | Lemons<br><i>rinse, zest &amp; cut into wedges</i>                           |
| 3        | 4          | Free-range Chicken Breasts                                                   |
| 120ml    | 165ml      | Herb Flour<br><i>(90ml [125ml] Cake Flour, 30ml [40ml] NOMU Italian Rub)</i> |
| 180ml    | 240ml      | Panko Breadcrumbs                                                            |
| 60g      | 80g        | Green Leaves<br><i>rinse &amp; roughly shred</i>                             |
| 60g      | 80g        | Radish<br><i>rinse &amp; slice into thin rounds</i>                          |
| 30g      | 40g        | Walnuts<br><i>roughly chop</i>                                               |
| 150ml    | 200ml      | 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, 30-35 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 2 eggs 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.