



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Cream Cheese

Cream cheese is made from a mixture of cream and milk. It has a soft, spreadable texture and mildly acidic flavour that is often flavoured with garlic or herbs.



2 Chicken Kiev

Herbaceous chicken Kiev crumbed in quinoa flakes, served with roasted vegetables.

 35 mins

 2 servings

 Chicken

4 June 2021

Spice it up!

If you want to make the chicken quite decadent, whisk up 2 eggs and have another bowl with flour of your choice. Dust filled chicken in flour, dip in the egg mix, then coat in quinoa flakes.

Per serve: **PROTEIN** 25g **TOTAL FAT** 11g **CARBOHYDRATES** 55g

FROM YOUR BOX

PARSLEY	1/2 bunch *
CREAM CHEESE	1/2 tub *
CHICKEN BREAST	300g
QUINOA FLAKES	1 packet (20g)
BUTTERNUT PUMPKIN	1
RADISHES	1/2 bunch *
CHERRY TOMATOES	200g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, dried dill (or oregano), 1 garlic clove

KEY UTENSILS

2 oven trays

NOTES

Instead of filling the chicken with the cream cheese and herbs, you can use it as a sauce. At step 2, instead of cutting the chicken keep it whole and go straight to step 3 (crumbing and roasting the chicken).



1. MAKE HERB FILLING

Set oven to 220°C.

Finely chop parsley, crush **1 garlic clove**. Mix in a bowl with cream cheese, **1 tsp dried dill, salt and pepper**.



2. FILL CHICKEN

Slice across the chicken breast horizontally, taking care not to cut all the way through, until the breast can be opened up like a book. Spread even amounts of the herb filling on each breast. Fold the chicken back over (see notes).



3. CRUMB THE CHICKEN

Coat each chicken breast in **oil, salt and pepper** on a lined oven tray. Cover in quinoa flakes and roast for 20–25 minutes until cooked through.



4. ROAST THE VEGETABLES

Wedge pumpkin and radishes, place on a lined oven tray with cherry tomatoes. Toss vegetables in **oil, 2 tsp dried dill, salt and pepper**. Roast for 15–20 minutes until tender.



5. FINISH AND PLATE

Slice chicken, divide evenly among plates with roast vegetables.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

