



#### In your box

- .6 oz. Butter
- ¼ oz. Parsley
- 2 Garlic Cloves
- 12 oz. Green Beans
- 13 oz. Boneless Skinless Chicken Breasts
- 1 oz. Flour
- ½ cup Panko Breadcrumbs
- 6 fl. oz. Canola Oil



## Chicken Kiev

with parsley-garlic butter and green beans

NUTRITION per serving—Calories: 594, Carbohydrates: 27g, Fat: 34g, Protein: 43g, Sodium: 1744mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time  
**35-45 min.**

Cook Within  
**5 days**

Difficulty Level ● ● ●  
**Expert**

Spice Level 🌶️ 🌶️ 🌶️  
**Not Spicy**

## 📌 You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Baking Sheet, 3 Mixing Bowls, Large Non-Stick Pan

## 👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **400 degrees**
- Set **butter** on counter to soften
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **parsley**



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### Prepare the Ingredients

- Stem and mince **parsley**.
- Finely mince **garlic**.
- Trim ends off **green beans**.
- Pat **chicken breasts** dry.



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### Make Butter and Pound Chicken

- In a mixing bowl, combine **butter**, half the **parsley** (reserve remaining for breading), and **garlic** (to taste).
- Form butter mixture into two disks, 1" in diameter. Set aside.
- On a separate cutting board, cover **chicken** with plastic wrap and pound with a heavy object into an even 1/3" thickness. *Feel free to use a disposable gallon-size bag instead of wrap.*
- Season both sides with 1/4 tsp. **salt** and a pinch of **pepper**.



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### Roast the Green Beans

- Place **green beans** on prepared baking sheet. Toss with 1 tsp. **olive oil**, 1/2 tsp. **salt**, and a pinch of **pepper**.
- Spread into a single layer and roast in hot oven until beans are tender but still crisp, 11-15 minutes.
- While green beans cook, bread chicken.



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### Bread the Chicken

- Combine **flour** and 1/4 cup **water** in another mixing bowl until a loose batter forms.
- Combine **panko** and remaining **parsley** in another mixing bowl.
- Heat **canola oil** in a large non-stick pan over medium-high heat.
- Dredge a **chicken breast** in flour mixture, then place in panko, pressing to adhere. Repeat with second chicken breast.



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### Fry Chicken and Finish Dish

- Line a plate with a paper towel.
- Test **oil** temperature by adding a pinch of **panko** to it. It should sizzle gently. If it browns immediately, turn heat down and let oil cool.
- Carefully, add **chicken** to hot oil and flip every 3-5 minutes until golden brown and chicken reaches a minimum internal temperature of 165 degrees, 10-14 minutes.
- Remove chicken to towel-lined plate. Season with 1/4 tsp. **salt**.
- Plate dish as pictured on front of card, placing **butter disk** on chicken. Bon appétit!