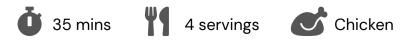


Product Spotlight: Cream Cheese

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.



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 each filled chicken in flour, dip in the egg mix, then coat in quinoa flakes.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES 21g 6g 33g

FROM YOUR BOX

PARSLEY	1/2 bunch *
CREAM CHEESE	1/4 block *
CHICKEN BREAST	600g
QUINOA FLAKES	1 packet (40g)
BUTTERNUT PUMPKIN	1
RADISHES	1/2 bunch *
CHERRY TOMATOES	400g

*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 **0481072 599** or send an email to hello@dinnertwist.com.au