



READY TO COOK
BY HARRIS FARM

CHICKEN KYIV WITH BEETROOT, CUCUMBER & RADISH SALAD



PREP
30 min



COOK
40 min



SERVES
4

INGREDIENTS:

- > 800-1.2kg Chicken Breast
- > 1 Dutch Carrots Bunch
- > 100g Butter (Room Temperature)
- > 2 Garlic Cloves
- > ½ Bunch Parsley
- > ½ Bunch Tarragon
- > 3 Eggs
- > 200g Panko Breadcrumbs
- > 250g Cooked Beetroot
- > 3 Radishes
- > 250g Cherry Tomatoes
- > 1 Lebanese Cucumber
- > 120g Mix Leaves Salad

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > 1 Cup Vegetable Oil
- > Olive Oil
- > Salt and Pepper
- > Balsamic Vinegar
- > 1 Cup Plain Flour
- > 1 Tsp Paprika

METHOD – GET COOKING!



1

Place the butter out of the fridge and let it soften for 1 hour before using.

Preheat the oven to 180°C. Make a long, deep insertion into the thickest part of the chicken breast, approximately ½ cm wide.

Finely crush the garlic, and finely chop the parsley and tarragon—place in a bowl with the butter and season with salt and pepper. Mix through.

2

Place 1 tbsp of the garlic butter for each chicken breast on a piece of baking paper and roll into a cylinder shape that can fit into the chicken cavity. Place the tray in the freezer for 30 minutes. Leave the rest of the butter aside for later.

Wash the carrots, pat dry, and place on a lined baking tray—season with salt and pepper and drizzle with olive oil. Toss well and cook in the oven for 30 minutes until soft and golden brown.

3

Push the butter stick into the cavity of the chicken, season with salt and pepper and sprinkle with paprika.

Place the flour into a bowl, whisk the eggs separately, and place the breadcrumbs in another bowl.

Toss each breast into the flour and remove the excess. Thoroughly coat the breast in the egg mixture and then cover in breadcrumbs, pressing to adhere. Set aside.

4

Bring a large frying pan to medium heat and add the vegetable oil. Once hot, add the chicken breast. Cook for 5 minutes on each side until golden brown. Remove from pan and place on a lined baking tray. Place into the oven and cook for 15 minutes until cooked through.

Meanwhile, cut the tomatoes in half, slice the cucumber, cut the beetroot into quarters and finely slice the radish. Add to a bowl with the salad leaves and mix through. Drizzle with olive oil and vinegar, and season with salt and pepper.

5

Remove the tray from the oven, place the remaining butter on the chicken and rest for 10 minutes. Serve with roasted carrots and salad.

Preheat the oven to 180°C. Place the butter out of the fridge and let the butter soften for at least 1hr before using.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- There won't be any leftovers this time!

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
online@harrisfarm.com.au