

# Deconstructed Chicken Kiev

We're bringing all the flavors of a chicken Kiev to a busy weeknight by skipping the fussy rolling and stuffing. With panko-crusted chicken breasts, chive butter and a roasted root vegetable pilaf, it's a perfect cozy dinner.

**25** *Minutes to the Table*

**25** *Minutes Hands On*

**1 Whisk** *Super Easy*

## Getting Organized

### EQUIPMENT

Large Skillet  
Baking Sheet

### FROM YOUR PANTRY

Egg (1)  
Olive Oil  
Salt & Pepper

### 5 MEEZ CONTAINERS

Root Vegetables  
Chive Butter  
Chicken Breast  
Seasoned Panko  
Five Grain Blend

## Good to Know

**Our cage-free chickens thrive on an all-natural diet.** They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

**Health snapshot per serving** – 790 Calories, 54g Protein, 27g Fat, and 17 Freestyle Points

**Lightened-up health snapshot per serving** – 640 Calories, 52g Protein, 20g Fat, and 11 Freestyle Points by using half of the seasoned panko and two-thirds of the butter.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

**SCAN QR CODE  
to view YouTube  
cooking video**



INGREDIENTS: Chicken Breast, Carrots, Panko, Beets, Parsnips, 5 Grain Blend, Butter, Chive, Paprika, Garlic, Salt, White Pepper

**meez** *meals*

### 1. Roast the Vegetables

Preheat your oven to 425. Place the **Root Vegetables** in a single layer on a rimmed baking sheet. Lightly drizzle with olive oil, salt and pepper, toss well, then arrange in a single layer. Cook until they start to brown, about 15 to 18 minutes. Remove from the oven and add half the **Chive Butter** to the veggies still on the baking sheet. Mix until the butter melts and veggies are coated, then set aside until step 4.

### 2. Prepare the Chicken

While the root vegetables are roasting, pat dry and very loosely wrap each **Chicken Breast** in plastic wrap and place on a cutting board. Using a meat tenderizer (mallet) or the bottom of a small pot, pound the thicker sections of the breast until each has doubled in size and reached uniform thickness, about ¼".

In a small bowl, beat one egg. Spread the **Seasoned Panko** evenly on a large plate. Dip each chicken breast completely into the egg. Then put each piece of chicken into the breading. Press down to make sure the breading adheres then repeat on the other side. Discard any unused breading.

### 3. Cook the Chicken

Heat 2 Tbsp olive oil in a large skillet over medium heat. When the oil is hot, add the chicken and cook until the panko crust is golden brown, about 3 to 4 minutes. Flip and cook the other side until it is also brown, an additional 3 to 4 minutes. Remove from the skillet and immediately spread the remaining chive butter evenly on top of the breaded chicken breasts. Wipe out the skillet.

### 4. Cook Five Grain Blend

In the now-empty skillet, heat 1 Tbsp olive oil over medium-high heat. When the oil is hot, add the **Five Grain Blend** and sauté until the grains start to pop, about 2 to 3 minutes. Turn off the heat and add the roasted root vegetables and the butter remaining on the baking sheet to the skillet. Mix well.

### 5. Put It All Together

Serve the five grain root vegetable pilaf topped with the chicken. Enjoy!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**