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by ewfood

Chicken Kiev

Ingredients

3 cloves garlic, crushed
2 tsp. parsley, fresh chopped
2 tsp. chives, fresh chopped
Salt and pepper to taste
Juice of 1 lemon
8oz. butter, softened
4 chicken breasts
0.5oz. flour
2 eggs, beaten, 3oz. breadcrumbs, 1fl oz. olive oil

Servings
4
Person
Preparation Time
20
min
Cooking Time
20
min

Preparation

1. Preheat the oven to 200°C
2. In a bowl combine the butter, lemon, herbs, garlic and salt and pepper. Mix it so that all the flavours are incorporated
3. Slice the filled half way down the middle to make a pocket. Do not slice the meat in half
4. just enough space is needed for the filling
5. Fill the chicken breast with the butter mix
6. Dip the chicken breasts into the flour, then the egg, then the breadcrumbs and egg again. Fry the chicken breasts in a pan until golden on each side
7. In a roasting pan bake the chicken for 20 minutes
8. Serve with rice or potatoes.

Cooks Note

Preparation time: 20 minutes, Cooking time: 20 minutes, Serves 4