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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
