

## Chicken Kiev

Ref: 100226

**Serves 2**

**Cuisine: British**

Preparation Time: 15 Minutes

Cooking Time: 45 Minutes

**Ingredients:**

75g	Dried breadcrumbs (use Panko breadcrumbs for a lovely crispy finish)
25g	Butter, softened, plus 2 tsp
2	Chicken breasts, skinned
25g	Soft cream cheese
2 cloves	Garlic, peeled and finely chopped and crushed
1tbsp	Parsley finely chopped
2tbsp	Plain flour
2	Eggs, beaten

**Method:**

1. Toast the breadcrumbs in a frying pan with 2tsp butter until golden.
2. Take each chicken breast and poke a hole into the thickest part of the breast with a shape knife. Wiggle the knife inside to cut a large pocket without widening the hole or poking the knife through the flesh at another point.
3. Mash the butter, cheese, garlic and parsley together and add some seasoning.
4. Push half of the mix into each chicken breast pocket using your fingers.
5. Dip each breast into flour then the beaten egg, then finally into the breadcrumbs and fully coat them.
6. Chill for at least 1 hour.
7. Heat the oven to 200°C/ 180°C fan.
8. Place the chicken onto a non-stick baking tray and cook for 25 minutes, or until cooked through (check with a skewer into the thickest part of the chicken – it should be piping hot).

**To Serve:**

Great served with salad, fries or sautéed potatoes and green beans

**Chef's Notes:**

Use wild garlic when in season instead of normal garlic cloves – use the leaves finely chopped.