

Chicken Kiev

Serves: 1

Prep time: 5 Minutes +

Resting: 30 Minutes ***optional**

Cooking time: 15 Minutes

Ingredients:

- 1 chicken breast
- 30g butter
- 1 clove garlic
- 1 tablespoon chopped parsley
- squeeze of lemon
- ¼ cup panko breadcrumbs
- 1 egg, beaten
- oil for frying



*Crunchy-Crispy Chicken stuffed
with a tangy-garlic-butter.
Enjoy!*

Method:

- Cut the breast in half lengthways - do not cut all the way through
- Gently flatten with a meat mallet
- Mix the butter, parsley, garlic and lemon juice together
- Roll the butter mixture into a small log shape
- Place the butter log across the chicken breast and roll up. Secure with toothpicks
- Dip the chicken roll into the beaten egg and coat well
- Cover the roll with the panko breadcrumbs and refrigerate ***optional** 30 minutes
- **Preheat oven 180°C**
- Heat oil in a frying-pan over medium-high heat. Place chicken in frying-pan and brown all over by turning regularly, careful not to burn crumbs. Remove chicken from pan and remove toothpicks
- Place the chicken into a small ovenproof dish and place into the **preheated oven** and cook for 10-12 minutes. Cooking time depends on size of breast.

Serve with salad of choice. Enjoy!