

Chicken Kiev

No one can resist the taste of juicy chicken with a crispy, golden exterior and a filling that is oozing with garlic butter goodness.

Chicken Kievs a family favourite loved by kids and adults. I like to have baked beans and lots of chips with my Chicken Kiev's.



Serves: 2

Prep Time: 15 minutes

Rest/Marinate Time: 1 hour

Cooking Time: 30 minutes

Ingredients

- 50 g softened mushroom garlic butter.
- 2 eggs, beaten.
- 50 g of flour, seasoned.
- 100 g of panko breadcrumbs.
- 2 chicken breast.
- Garlic mushroom butter, see another recipe.

Method

- To start you want to butterfly each chicken breast so they open up like a book, but be careful not to cut all the way through.
- Once you have the chicken ready season with salt and pepper, then divide the butter between the two. Depending on the size of the chicken you may need a little more or a little less. Fold over one side of the chicken so it incases the butter, then fold over the other side, trying to make sure there are no gaps for the butter to escape. Now tightly wrap each chicken breast in clingfilm and chill for at least 1 hour.
- Get 4 bowls or plates and pop the flour in the first one, the eggs in the second one, the panko in the third and leave the last one to one side to put the chicken on once coated. So now it is an assembly line, take the chicken and roll in the flour, into the eggs (allowing any excess to fall off back into the bowl) and into the panko. Make sure to cover evenly and repeat the process with the remaining chicken.
- Preheat the oven to 180°C and while you wait fry the Kiev's in oil over medium heat. Fry for 3-4 minutes on all sides until golden. Transfer to a baking tray lined with parchment paper and bake for 20-25 minutes until nice and crispy.
- I like to have baked beans and lots of chips with my Chicken Kiev's.