

CLASSIC CHICKEN KIEV



2 SERVINGS



PREP TIME:
35 MIN



COOK TIME:
30 MIN

INGREDIENTS

For the Garlic Butter:

100g Unsalted Butter
(Softened)
2 Cloved Garlic (Finely
Minced)
2 tbsp Parsley (finely
Chipped)
Salt & Black Pepper to taste

For the Chicken:

2 Large Chicken Breast
(Skinless)
Salt & Pepper to taste

For the Coating:

50g Plain Flour
2 eggs (Beaten)
100g Bread Crumbs (Panko)
Vegetable Oil for Frying

DIRECTIONS

- **Prepare the Garlic Butter:**
- In a bowl, mix the butter, garlic, parsley, salt, and pepper until well combined. Shape the butter into a small log, wrap in cling film, and chill in the freezer for 15–20 minutes until firm.
- **Prepare the Chicken:**
- Using a sharp knife, carefully cut a pocket into the thickest part of each chicken breast, being cautious not to cut all the way through. Slice the chilled butter into two pieces and insert one piece into each pocket. Seal the edges of the chicken tightly by pressing them together.
- **Coat the Chicken:**
- Season the chicken breasts with salt and pepper. Coat each one in flour, then dip into the beaten eggs, and finally roll in breadcrumbs until fully coated. Repeat the egg and breadcrumb step for a thicker crust.
- **Fry the Chicken:**
- Heat about 1cm of vegetable oil in a frying pan over medium heat. Fry the chicken breasts for 2–3 minutes on each side until golden brown.
- Transfer the fried chicken to a baking tray and bake in a preheated oven at 180°C (fan) for 15–20 minutes, or until the chicken is cooked through

