



HOMEMADE CHICKEN KIEVS



INGREDIENTS

- 100g (4 dessertspoons) light cream cheese
- 2 garlic cloves - peeled and finely chopped
- 1 heaped teaspoon dried parsley
- $\frac{1}{2}$ teaspoon mixed herbs
- $\frac{1}{2}$ low salt vegetable stock cube - crushed
- 1 teaspoon lemon juice
- 4 chicken breasts
- 3 dessertspoons plain flour
- 2 egg - beaten
- 75 wholemeal breadcrumbs
- 1 dessertspoon vegetable oil

EQUIPMENT

- 4 small bowls, teaspoon, chopping board, sharp knife, greaseproof paper, rolling pin, cocktail sticks, grater, non-stick frying pan, baking tray

SERVES: 4

PREP TIME: 45 minutes

ALLERGENS: sulphates, soya, mustard, milk

COOK TIME: 25 minutes

METHOD

- 1** Preheat the oven to 190oC/Gas 5.
- 2** In a small bowl, mix together the cream cheese, garlic, herbs and lemon juice.
- 3** Very carefully, butterfly the chicken breasts by slicing them part of the way through (lengthways) with a sharp knife, then opening the breasts out like a book. Cover the breasts with grease proof paper and flatten with a rolling pin or meat hammer.
- 4** Add a 1/4 of the garlic filling to the centre of each breast. To seal the filling in, fold over one side of the chicken, then the other. Finally, tightly roll each breast in some greaseproof paper and chill for 30 minutes in order to firm up.
- 5** Once firm, remove from the paper and dust each breast in a little flour. Then dip each breast in the egg and roll in the breadcrumbs.
- 6** To cook, heat the oil in a non-stick frying pan and then fry the kiev's on both sides until lightly browned. Then transfer to a baking tray and bake in the oven for 20-25 minutes until golden brown and cooked through.
- 7** Serve the kiev's immediately with some homemade wedges and a side salad.