

Chicken Kiev

Ingredients

2 skinless chicken breasts
3 slices bread
1 egg, beaten
25g plain flour
pinch paprika

For the Garlic butter

1 garlic clove, crushed
1 tsp finely chopped parsley
50g butter, softened
Squeeze of lemon juice



Aim Higher

Add some grated Parmesan to the breadcrumbs
Flavour the butter with different herbs, spices or chilli

Equipment

All equipment is provided by school

Remember to bring a container with lid to take home

Oven temperature : Gas mark 4 or 180°C or 160°C fan

Method:

1. Place the garlic butter ingredients in a bowl and season with salt & pepper. Mash with a fork until well combined, shape into a sausage shape using cling film to help you shape it, then tightly wrap and chill or freeze until really firm. When firm, slice into 2 pieces.
2. Lay a chicken breast on a chopping board and use the end of a rolling pin covered with cling film to bash it until it is completely flat. Repeat with the other chicken breast.
3. Push a piece of garlic butter on top of each chicken breast and fold it over to cover it. Reshape the chicken breasts and set aside.
4. Put the bread into a food processor and whizz to breadcrumbs. Mix the breadcrumbs on a plate. Crack the egg into a bowl. Mix the flour with paprika and some salt in another bowl. Dip each breast in the flour, then the egg and finally the breadcrumbs, repeating so each Kiev has a double coating (this will make them extra crisp and help to keep the butter inside). Put into the fridge.

To cook the kiev's at home

Heat oven to 180C/160C fan/ gas 4. Heat the oil in a large frying pan over a medium-high heat. Fry the Kievs for 2-3 mins each side until golden. Transfer to a baking tray and cook for 20-25 mins until the meat is cooked through.