# 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*

## 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 kievs 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.

## Oven temperature
- Gas mark 4 or 180ºC or 160ºC fan