



Chicken Kiev

Culinary Love Recipe

Ingredients

- 1/2 cup of margarine
- 1 teaspoon of minced garlic
- 1 teaspoon of chopped parsley
- 4 chicken breasts
- 2 eggs, beaten together
- plain flour
- white breadcrumbs

Method

1. Combine margarine, garlic and parsley, until fully mixed.
2. At the thickest part of the chicken breast, create a hole with a knife that goes through the center of the chicken breast, without breaking through the sides, to create a large pocket.
3. Insert garlic butter in the hole you've just created.
4. Using your fingers, push the garlic butter right through the center from the outside of the breast, forming an even layer inside.
5. Cover the breast in a thin layer of flour, then dip in eggs, then cover in layer of breadcrumbs.
6. Place chicken on an oven tray with baking paper.
7. Cook on 180°c for 10 minutes. Turn over, and lightly garnish the top with more chopped parsley.
8. Replace in oven for another 10 minutes, or until golden brown.

Variations

- Add sliced mushrooms to the garlic butter.
- Replace the garlic butter with broccoli and [cheese sauce](#).

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