



Chicken Kiev

 Popular

READY IN



60 min.

SERVINGS



8

CALORIES



428 kcal

SIDE DISH

Ingredients

- ☐ 8 fillet meat from a rotisserie chicken boneless skinless
- ☐ 225 g breadcrumbs dried
- ☐ 75 g parmesan grated
- ☐ 5 eggs beaten
- ☐ 100 g flour plain
- ☐ 1 pinch paprika
- ☐ 4 tbsp vegetable oil for frying
- ☐ 4 garlic cloves crushed

- ☐ 2 tbsp parsley finely chopped
- ☐ 200 g butter softened
- ☐ 0.5 juice of lemon

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ cutting board

Directions

- ☐ Place all the garlic butter ingredients in a bowl and season well. Mash with a fork until well combined, shape into two sausages using cling film to help you shape it, then tightly wrap and chill or freeze until really firm. Can be made up to 3 days in advance. When firm, slice each into 8 even pieces.
- ☐ Lay a chicken breast on a chopping board and use a sharp knife to make a deep pocket inside the breast. The easiest way is to push the point of a knife into the fat end, keep going halfway into the fillet. Be careful not to cut all the way through or the butter will leak out when cooking. Repeat with the remaining breasts. Push 2 discs of butter inside each chicken breast, press to flatten and re-seal with your hands. Set aside.
- ☐ Mix the breadcrumbs and Parmesan on one plate, and tip the eggs onto another. On a third plate, mix the flour with paprika and some salt. 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). Chill for at least 1 hr before cooking, or freeze now see tips, below.
- ☐ To cook, heat oven to 180C/160C fan/ gas
- ☐ Heat the oil in a large frying pan over a medium-high heat. Fry the Kievs for 2-3 mins each side until golden you may need to do this in batches.
- ☐ Transfer to a baking tray and cook for 20-25 mins until cooked through.

Nutrition Facts



 **PROTEIN 11.59%**  **FAT 59.49%**  **CARBS 28.92%**

Properties

Glycemic Index:28.63, Glycemic Load:7.14, Inflammation Score:-6, Nutrition Score:12.487826005272%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 428.11kcal (21.41%), Fat: 28.33g (43.59%), Saturated Fat: 15.82g (98.9%), Carbohydrates: 30.99g (10.33%), Net Carbohydrates: 29.31g (10.66%), Sugar: 2.04g (2.27%), Cholesterol: 163.07mg (54.35%), Sodium: 558.09mg (24.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.42g (24.84%), Selenium: 22.66µg (32.38%), Vitamin B1: 0.39mg (26.06%), Vitamin K: 22µg (20.96%), Vitamin B2: 0.34mg (20.26%), Phosphorus: 190.55mg (19.06%), Manganese: 0.38mg (19.02%), Calcium: 189.96mg (19%), Vitamin A: 933.2IU (18.66%), Folate: 69.21µg (17.3%), Iron: 2.59mg (14.41%), Vitamin B3: 2.79mg (13.95%), Vitamin B12: 0.5µg (8.34%), Zinc: 1.17mg (7.77%), Vitamin B5: 0.73mg (7.31%), Vitamin E: 1.05mg (6.98%), Fiber: 1.68g (6.7%), Vitamin B6: 0.12mg (6.18%), Magnesium: 24.01mg (6%), Copper: 0.12mg (5.95%), Vitamin D: 0.6µg (3.99%), Potassium: 138.27mg (3.95%), Vitamin C: 2.47mg (2.99%)