

Wild Garlic Chicken Kiev - Serves 4



Ingredients

- 4 skinless chicken breasts
- 100g wild garlic butter, softened
- 50g plain flour, well seasoned
- 3 large eggs, beaten
- 125g panko or coarse dried breadcrumbs
- sunflower oil, for frying
- mixed leaves, to serve
- lemon wedges, to serve

Method

- **STEP 1** - Slice a deep pocket in each chicken breast. To do this, insert a deep knife into the thickest end of the breast. Keep pushing down along the breast, about halfway into the fillet, being careful not to cut all the way through. Push your finger down into the hole to open it, then stuff with 25g wild garlic butter, making sure that it goes all the way into the pocket. Repeat the process with the remaining chicken breasts.
- **STEP 2** - Line up 3 shallow bowls and put the flour in the first, the beaten eggs in the second and the breadcrumbs in the third. Dredge each chicken breast in the flour, then coat in the eggs and lastly the breadcrumbs. Dip each one in the eggs for a second time, then coat again in the breadcrumbs. Transfer to a plate and repeat with the remaining stuffed chicken breasts. Cover the plate with cling film and chill for at least 1 hr.
- **STEP 3** - When you are ready to eat, heat oven to 180C/160C fan/gas 4. Fill a pan 2cm deep with oil and set over a medium-high heat. Once hot, fry the Kievs for 2-3 mins each side until golden brown, then transfer to a baking tray. Pop in the oven for 15 mins or until cooked through. Serve with salad leaves and a lemon wedge to squeeze over.



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