

Chicken Kiev



PREPARATION TIME
20 minutes



COOKING TIME
10 minutes



PERFECT PARTNER
green salad



Fresh garlic is economical if you use it often. If not, purchase preserved minced garlic sold in jars in the produce section of your supermarket. Garlic in a jar keeps for months in the refrigerator.

SHOPPING LIST

- fresh parsley • fresh chives
- chicken breasts
- Parmesan cheese

ON HAND

- butter • garlic • flour
- egg • oil • bread crumbs

Chicken Kiev

INGREDIENTS

- 4 tablespoons butter or margarine, softened
- 1 tablespoon chopped fresh parsley
- 1 tablespoon snipped fresh chives
- 1 clove garlic, finely chopped
- 4 skinless, boneless chicken breasts (4 ounces each)
- 3/4 cup seasoned bread crumbs
- 2 tablespoons grated Parmesan cheese
- 3/4 cup all-purpose flour
- 1 egg, beaten
- 1/4 cup vegetable oil

SERVES 4

COOKIN'
Express

• Chopping parsley will be much faster and easier if you make sure the leaves are thoroughly dry before cutting because wet parsley will stick to the knife.

Make Ahead

For a great make-ahead party dish, prepare chicken through step 3. Cover; freeze for up to 1 week. Thaw before cooking.

VARIATION

To brighten the flavors and create a lemony tang, squeeze fresh lemon juice over each roll just before serving.

1 Mix butter, parsley, chives and garlic in a small bowl. Shape mixture into 4 logs on a sheet of waxed paper. Place on a plate; cover. Chill until firm.



2 Meanwhile, pound each chicken breast to 1/4-inch thickness; place 1 butter log on top. Roll to enclose butter; secure with a toothpick. Mix crumbs and Parmesan in a shallow bowl.

3 Coat chicken bundles in flour; dip in egg. Roll bundles in bread crumb mixture. Place on a plate lined with waxed paper. Chill, covered, until coating is firm.



4 Heat oil in a large skillet over medium-high heat; add chicken. Cook until golden brown and cooked through, about 10 minutes.