
Homemade Chicken Kievs

Serves 2

Ingredients and utensils etc.

2 chicken breasts (or more, just up the cheese)

1 tub of Philadelphia cheese (or more, as above)

Garlic granules

1 egg, beaten

Breadcrumbs

Cocktail sticks or 2 slices of bacon (use these to wrap the Kiev instead of using the cocktail sticks to pin it together, I have done this before but didn't breadcrumb them)

Oil to smear over the base of the tin/dish, use flavoured oil if you like, I used chilli oil tonight to give it a bit of a kick, and you can drizzle a little over the finished Kiev's

Foil to cover during cooking

Baking tin or dish to cook it in

Method

Make sure everything is ready before you start as this is a sticky business!

Wipe a layer of oil onto the base of your tin/dish

Mix garlic granules, to taste, into the Philadelphia cheese

Use scissors to cut cavities into the chicken breasts (not always brilliantly easy, but you can mend any wobbly bits with the cocktail sticks or swathe in bacon!)

Push the Philadelphia mix into the chicken breasts and either wrap in bacon or pin together with cocktail sticks

Beat the egg in one bowl, put breadcrumbs in another

Dip each Kiev in the egg; they often need a bit of massaging to get fully coated in egg

Dip into the breadcrumbs

Pop them in the dish, cover with a bit of foil and cook at 170 for about 30 minutes.

