

Jason Pettit – Capital Radio Recipe



Easy Chicken Kiev – a quick and delicious update on a retro classic that is ready in under 25 minutes!

Ingredients – serves 4 people

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| 4 sm | chicken breasts pounded to 6mm thickness (150gm each) |
| 4 Tbsp | flour |
| ¼ Tsp | garlic powder |
| 2 | eggs + 2 Tbsp water (mixed together) |
| ½ cup | breadcrumbs (Japanese panko are best) |
| 1 each | lemon (zested, then cut into quarters) |
| | <i>salt & pepper to taste</i> |
| ¼ cup | cooking oil |
| 100 gm | butter (room temperature, cubed 10mm) |
| 2 lrg | garlic cloves (finely grated) |
| few sprigs | thyme (washed, drained & chopped) |
| few sprigs | parsley (washed, drained & chopped) |
| 4 med | potatoes (cut into 20mm chunks) |
| | <i>large pan & cold water to cover potatoes by 10mm</i> |
| 1 Tsp | <i>salt</i> |
| 1 pkt | French beans (washed & trimmed) |

Method

Place chopped potatoes into a pan and cover with cold water by approx. 10mm then add 1 Tsp of salt and stir.
Bring to the boil then reduce heat to a simmer and cover with a lid.

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When they are just cooked, drain in a colander and set aside.
Sieve the flour and garlic powder together and lightly season.
Add the lemon zest to the breadcrumbs and mix.
Breadcrumbs the chicken by coating in seasoned flour, egg wash and then the breadcrumbs. Place onto a plate lined with paper towel.

Place cubed butter, garlic, thyme and parsley in a small pan and melt over a gentle heat. Set aside once melted.

Pre-heat a frying pan/skillet on a medium heat.
Add the oil, once hot, carefully add breadcrumbed chicken to the pan.
Cook for 3 minutes until golden brown and then turn over.
Cook for a further 2-3 minutes.
Once cooked, remove the chicken from the pan and place onto kitchen paper towel.

If cooking in 2 batches, keep the first batch warm under a grill set to low heat.

Bring a pan of lightly salted water to a rolling boil and then add the French beans.
Cook for 2 – 3 minutes until just cooked and then drain.

Place cooked beans onto each plate, top with the cooked chicken breast and then potatoes.
Spoon some garlic butter over the top of each chicken breast and serve the rest in a jug.
Serve with a quarter lemon.

Notes from the chef:

The traditional method is to make a pocket in the chicken and stuff it with garlic butter before breadcrumbing. It is then pan fried and finished in the oven. This takes longer and care should be taken when cutting into the chicken as the hot butter can spurt out.

If you need to pound the meat flat yourself then lay between cling film and hit with the flat side of a meat hammer. A rolling pin or glass bottle also works but take care not to hit too hard.

Panko (Japanese) crumb gives a delicious crunch and a coarser look.

The chicken and garlic butter may be made in advance (up to 12 hours).

Tbsp - tablespoon
Tsp - teaspoon