



Chicken Kiev

SERVINGS 4



PREP TIME 15 min

COOK TIME 20 min

DIRECTIONS

1. Heat oven to 200C/180C fan/gas 6. Whizz together the 2 peeled garlic cloves, parsley and 1 tsp olive oil in a food processor. Add the breadcrumbs and seasoning before pulsing briefly to mix. Tip onto a plate.
2. Cut a slit (roughly thumb-length) in the side of each chicken breast, at the plump end. Spoon $\frac{1}{4}$ of the soft cheese into each hole and press the edges together to seal. Rub 2 tsp oil over all the chicken breasts before pressing the herby crumbs onto them.
3. Place the coated chicken in a shallow roasting tin. Scatter round the remaining unpeeled garlic cloves and drizzle with the rest of the oil. Bake for 20-25 mins until the chicken is cooked and crumbs crisp and golden. Squeeze out the soft, roasted garlic from the skins and serve with the chicken.

INGREDIENTS

- 6 garlic cloves , 2 peeled
- Small bunch flat-leaf parsley
- 85g fresh breadcrumbs
- 4 skinless, boneless chicken breasts
- 4 tbsp garlic & herb soft cheese
- 4 tsp olive oil

For a pinch of

Seabra's
flavor...

Add spuds and salad before serving.