FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Bacon and Garlic Stuffed Kiev



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**396 kcal**

Stuff that's in it:

• 600G (4) Chicken Break

• 4 Smoked Bacon Medallions

• 30G Plain Flour

• 2 Medium Eggs (Whisked)

• 150G Breadcrumbs ((I Used Fresh))

• 3 Garlic Cloves (Finely Chopped)

• 15G Fresh Parsley (Finely Chopped)

• 20G Lighter Spreadable Butter

• 1 Tbsp Olive Oil

What you do:

Pre heat your oven to 180˚c

Start by slicing the bacon into small bits and pan fry in a squirt of oil, leave to cool.

Use a fork to Mix up the parsley and garlic with the butter, add the cooled bacon bits and pop in the fridge.

In the thickest part of each chicken breast, using a knife, slice a small incision and push the knife through to make a tunnel, try not to go all the way through, just make it big enough to be able to fill with your butter

mixture.

Divide your mixture into 4 and fill each pocket, then press down so the flap seals and no mixture is coming out.

Add your flour and whisked eggs and bread crumbs onto 3 separate plates. Roll each breast in the flour , then all over in the egg wash and finish coating in the breadcrumbs.

Add your olive oil to a fry pan, get hot and brown the chicken all over to colour for a few minutes, then place on a baking tray immediately, bake for around 20 minutes, or until the chicken is cooked thoroughly and golden, check the temperature reaches 75˚c before serving.

You can serve with potatoes, chips or rice. I served mine with broccoli mash

Nutrition

• Carbs: 28g

• Fat: 12g

• Protein: 49g

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