

OVERALL time: 100 mins

CARIBBEAN JERK CHICKEN KIEV

That dinner party go-to for the 70s, chicken Kiev, is making a comeback. Stuffed with herby garlic butter, crumbed and cooked to crispy golden perfection, what's not to love? You could keep things classical or do what we did – give it a cheeky modern Caribbean Jerk twist.

Metric

Number of servings : 8

ingredients

For the flavoured butter

- 50 g Unsalted butter, at room temperature
- **Cape Herb and Spice Caribbean Jerk**
- 15 ml Finely chopped parsley
- Zest of one lime

For the chicken breasts

- 6 Large free range chicken breasts without skin
- 120 ml Plain flour
- 5 ml **Cape Herb and Spice Caribbean Jerk**
- 1 Extra large egg, whisked
- 1 Packet panko crumbs
- Vegetable oil for shallow frying

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 60 mins | COOKING TIME: 40 mins

Combine all the flavoured butter ingredients together. Spoon the butter onto wax paper and shape it into a log. Place butter in the freezer to set.

Make a thin slit lengthwise along the top of each breast, taking care not to cut all the way through. Cut slices of the hard flavoured butter and place them in the slit you made. Use toothpicks to close the slit.

Dip each chicken breast first into the flour and shake of any excess. Then dip the breasts in the egg and then roll them in panko crumbs so the breasts are completely covered.

Heat 2cm vegetable oil in a non-stick pan. Fry the breasts until golden.

NB: Ensure you fry the side with the cut first. As the butter will still be frozen inside, there is no chance of it leaking out during this initial cooking.

Place the golden breasts, cut side up, on a baking sheet lined with baking parchment. Bake in a pre-heated 180 degree Celsius oven for 25-30 minutes.

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