

CHICKEN KIEV

SERVES 4

PREP TIME:
40 MINUTES,
PLUS CHILLING

COOK TIME:
30 MINUTES

4 oz (110 g) unsalted grass-fed butter, softened
6 cloves garlic, minced
¾ cup (15 g) finely packed chopped fresh curly parsley
½ teaspoon sea salt
4 pastured, skinless, boneless chicken breasts
3 tablespoons (25 g) tapioca flour
6 oz (3 cups) plantain chips, ground to a fine breadcrumb consistency (1½ cups)
2 eggs
Extra virgin olive oil to fry

A bag of plantain chips has never been put to better use: Blitzed in the food processor, they become a wonderfully crunchy substitute for panko breadcrumbs. If you can't source plantain chips, sweet potato chips will also do the job. I like to keep a supply of garlic butter in the freezer for livening up steamed veggies or zucchini noodles. Having a ready supply also makes this a speedy but fun meal that everyone will enjoy.

Preheat the oven to 400°F (200°C, or gas mark 6).

Mix the butter, garlic, parsley, and sea salt in a small bowl. Place on a piece of parchment paper and roll to form a log. Twist either end like a cracker and refrigerate until firm.

Cut a 1-inch (2.5 cm) slit into the center of the thick end of each chicken breast and push the knife down to create a deep cavity. Be careful not to pierce through to the outer skin. Divide the garlic butter between each chicken breast and push down into the cavity. Remove part of the small fillet attached to the chicken and push this into the cavity to form a plug, so the butter doesn't run out.

Put the flour and plantain chips onto separate plates. Whisk the eggs in a shallow bowl.

Dip the chicken in the flour, dust off the excess, and then dip in the eggs. Now put the chicken in the plantain crumbs and coat well. Set aside on a large plate.

Heat the olive oil in a large, ovenproof frying pan. Add the chicken to the pan. Don't overcrowd or they'll steam rather than brown. Fry the chicken until golden brown all over, 2 to 3 minutes each side; then pop in the oven for 20 to 25 minutes until cooked through. The exact timing will depend on the size of the chicken pieces.