

# Marco Pierre White's Chicken Kiev

Yield: 4 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-chicken-kiev-recipe>

## Ingredients:

- 2 cloves garlic
- 1 handful fresh parsley chopped, plus some for garnish
- 1/4 cup butter softened
- 2 skinless chicken breasts
- 2 eggs beaten
- 2 tablespoons plain flour
- 1 tablespoon chicken Knorr Reduced Salt, Granules
- 1/2 breadcrumbs fine
- sunflower oil
- lemon to serve

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 210 milligrams
4. Fat: 23 grams
5. Fiber: 2 grams
6. Protein: 29 grams
7. SaturatedFat: 10 grams
8. Sodium: 260 milligrams

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