

Chicken Kiev by Gordon Ramsay

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-roll-recipe-gordon-ramsay>

Ingredients:

- 4 tablespoons butter room temperature.
- 1 garlic clove minced.
- 1 teaspoon parsley
- 1 teaspoon paprika
- 1 tablespoon tarragon
- 500 grams chicken breast should be about 4 chicken breasts
- 2/3 cup dried breadcrumbs
- 1/3 cup Parmesan grated
- 4 eggs beaten
- 100 grams plain flour
- butter Garlic Herb

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 345 milligrams
4. Fat: 29 grams
5. Fiber: 1 grams
6. Protein: 40 grams
7. SaturatedFat: 15 grams
8. Sodium: 600 milligrams
9. Sugar: 1 grams

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