

# Bramley Chicken Kiev



**Serves 4**

**Prep 15 mins**

**Cooking 35 mins**

**Easy**

## Ingredients

4 skinless chicken breasts  
175g Bramley apples, peeled, cored & grated  
2 tbsp parsley, chopped  
50g butter, softened  
1 tablespoon flour  
1 egg, beaten  
60g fresh breadcrumbs

1. Turn the oven to fan 180C/conventional 200C/gas 6. Lightly oil a baking sheet.
2. Make a slit horizontally in each chicken breast to create a pocket, being careful not to cut through. Don't make the slit too big as the filling will fall out. Mix together the apple, parsley and butter and season with black pepper. Use the mixture to fill each slit in the chicken. Set aside any leftover mixture.
3. Place the flour, egg and breadcrumbs in separate shallow bowls. Season the flour with salt and pepper and then dip each chicken breast first into the flour, then the egg and then the breadcrumbs, ensuring that it is totally covered. Place on the baking tray and cook for 25 minutes until cooked through and golden.
4. Heat any leftover stuffing gently in a small pan for 3-4 minutes until softened and serve with the chicken and vegetables.