

RFSS Recipes 2026

Our Healthy Dish Recommendations

Mrs Clarke's Cheesy Chicken Kiev

Ingredients:

- 180g light cream cheese
- 14g chives
- 3 cloves garlic
- 4 chicken breasts
- 30g flour, seasoned
- 1 egg, lightly beaten
- 125g sourdough breadcrumbs
- 1 olive oil spray

Method:

- Put the cream cheese, chives and garlic in a food processor and blitz until you have a smooth green purée. Line a small shallow bowl with cling film and transfer the cream cheese to the bowl. Cover and freeze for a couple of hours until solid.
- Preheat the oven to 200°C/fan 180°C/gas mark 6. Cut a large incision in each chicken breast to create a pocket. Remove the cream cheese from the freezer and cut into 4 pieces. Stuff each chicken breast with a piece, making sure the chicken breast completely covers the filling.
- Put the flour, egg and breadcrumbs into three separate bowls. Dip the chicken breast in flour first, then the egg and then the breadcrumbs. Transfer to a baking tray. Spritz each chicken breast evenly with the olive oil spray, then bake in the oven for 30-35 minutes until golden and the chicken is cooked through. Serve with a side salad.

