

Directions

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1.

Use a rolling pin to flatten the chicken fillets. Thin them out as much as possible but do not tear them. 1/4-inch is the thickness we recommend.

2.

Lightly season the fillets with salt and pepper. Then, sprinkle each breast half with the garlic and herbs.

3.

Shape each tablespoon of butter into a cylinder before placing in the center of the fillets. The shape should seal the Kievs to keep the butter from leaking out during cooking.

4.

Dust the Kievs in flour before placing them in the refrigerator for at least 30 minutes to help them firm up. You can also use toothpicks to keep the Kievs intact. Take them out 30 minutes before frying.

5.

Heat Eva cooking oil in a large skillet. Brown the Kievs nicely on all sides. This might take up to 15 minutes.

6.

The Kievs might have released butter, which can be drizzled over them. For an added kick, you can add a bit of lemon juice. Serve with mashed potatoes or steamed veggies and enjoy!