

CHICKEN KIEV (Optional Main Dish)

- | | | | |
|---|--|---|------------------------|
| 1 | stick butter, softened | 4 | eggs, whisked together |
| 3 | Tbsp TSG Over-The Edge Herbed Spinach | 1 | tsp fresh lemon juice |
| 2 | lb chicken cutlet, pounded thin | 2 | cups bread crumbs |
| 2 | cups flour, seasoned with salt & pepper | | vegetable oil |
| | salt as needed | | |
-
1. Take the butter, lemon juice and TSG Herbed spinach and combine, mix with a ½ tsp salt, refrigerate.
 2. Pound out the chicken cutlet to ¼" thick with a meat mallet and plastic wrap covering.
 3. In three separate bowls place the seasoned flour, whisked eggs, and bread crumbs.
 4. In the center of each thin piece of chicken place a Tbsp of herbed butter, and fold into a package so none of the butter is exposed.
 5. Once all chicken has butter in the center, dredge in flour, covering all sides, then into the egg and finally into the breadcrumbs so all sides are covered equally. Place each coated chicken on a cookie sheet.
 6. Place vegetable oil in the bottom of a large frying pan and set on a medium heat. Place each chicken bundle in the frying pan and cook until brown on all sides. The chicken should cook through to a complete doneness in the frying pan.