




# Chicken Kiev

Tender chicken encased in a golden crumb, oozing with delicious garlic sauce

## INGREDIENTS

Butter, Garlic, Parsley, Flour, Breadcrumbs, Chicken Breast, Egg

**SIMPLOT SHORTCUTS** substitute using...

 Boneless Chicken Kiev (07432)

BASED ON MAKING 10 PORTIONS

from Scratch

from Simplot

PREP TIME	45 MINS	1 MIN
PASSIVE COOK TIME <i>(I.E. time in oven)</i>	20 MINS	35 MINS
ACTIVE COOK TIME <i>(I.E. actively engaged in cooking)</i>	2 MINS	2 MINS
TOTAL HANDS ON LABOUR TIME	47 MINS	3 MINS
PER PORTION LABOUR COST <i>(I.E. based on \$22/hour making 10 portions)</i>	\$1.72	\$0.11
PER PORTION FOOD COST	\$2.49	\$3.18
	<i>total cost per portion</i> <b>\$4.22*</b>	<i>total cost per portion</i> <b>\$3.29*</b>

hints, tips and nutrition Facts...

### USING SIMPLOT RECIPE

ENERGY  
2848kj

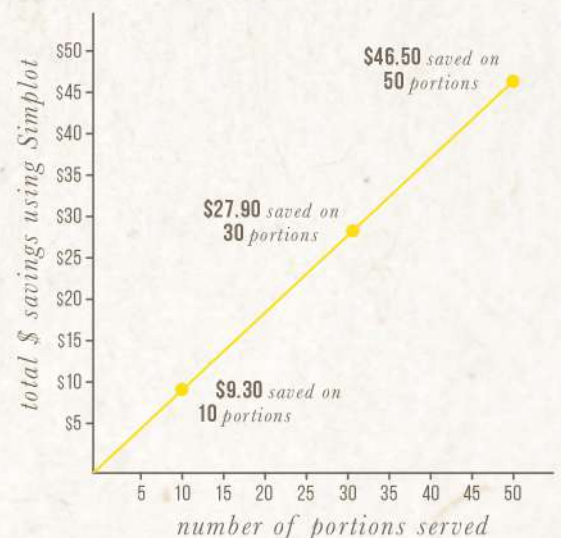
PROTEIN  
32g

FIBRE  
3g

SODIUM  
675mg

Per 250g serve

- ✓ HIGH PROTEIN PER SERVE
- ✓ NO BONES FOR EASY EATING
- 💡 GARNISH WITH FRESH PARSLEY FOR VISUAL IMPACT
- 💡 FOR A GOLDEN CRISPY CRUMB PAR FRY THE KIEV FOR 2 MINUTES BEFORE FINISHING IN THE OVEN



\*The prices used for Simplot products and ingredients in this brochure are a guide only (as at April 2017). Please contact your Distributor to confirm any pricing. The comparison scratch recipe product prices were obtained via purchases made at major Australian supermarkets during March 2017. The hourly labour rate used for calculations was \$22 per hour.