



Following our visit to the local Chinese supermarket last week we've been playing with Seaweed quite a bit. Sad I know! But we wondered if it would work in an experimental Chicken Kiev ? Oh did it work!

Ingredients:-

Chicken Breasts ? One per person
Back Bacon
Dried Seaweed, finely chopped
Gruyère Cheese, skinned and cut into strips
Home made Garlic Butter
Oil

Method:-

- (1) Roll the Garlic Butter in a bit of film and place in the freezer until solid.
- (2) Cut a pouch in the Chicken Breast.
- (3) Mix the Seaweed into the Garlic Butter and pop in the freezer to harden.
- (4) Cut a piece of the Garlic Butter and stuff into the pouch in the breast.
- (5) Wrap each breast in Bacon.
- (6) Rub the outer of the Bacon with more Garlic Butter.
- (7) Oil a tray and place in the pre-heated oven at 180C for about 30 minutes.
- (8) Layer the Gruyère over the top of the Bacon.
- (9) Place under the grill to melt and crisp the Cheese.

Baby Sweetcorn, Mange Tout, a bit of left-over home made Mooli Coleslaw and some hand cut chips ? Sorted.