

# The Autism Food Club



## Chicken Kiev



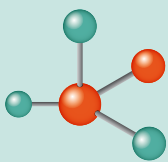
### Ingredients

- 4 large chicken breasts
- 2-3 garlic cloves
- Small handful of finely chopped parsley
- 100g dairy free spread at room temperature
- 2 eggs
- 100g gluten free cornflakes
- 1 good quality food bag



### Method

- 1 Preheat the oven to 180 °C / gas mark 4.
- 2 Clean the chicken breasts, in the thickest part insert a knife and create a pocket keeping the insertion on the outside as small possible.
- 3 Crush or very finely slice the garlic and mix into the dairy free spread together with the parsley.
- 4 Insert the mixture into the pocket in the chicken breasts. Use a cocktail stick to ensure the insertion is closed, as this will keep the garlic mixture inside.
- 5 In a shallow bowl break the eggs and beat with a fork.
- 6 Place the cornflakes in the food bag and crush as finely as you can then place into another shallow bowl.
- 7 Dip the chicken into the egg then into the cornflakes and repeat the process.
- 8 Place on oven tray and bake for about 30 minutes. This will vary depending on the size of the chicken breasts.



### Sprinkling of science

Although used as a coating the introduction of eggs to this recipe will carry important nutritional benefits. The message used to be 'go to work on an egg' reflective of the amount of nutrition which can be derived from an egg. Over the years, eggs have received their fair share of good and bad press but overall the benefits of eating eggs still outweigh the negatives. Packed with protein and a variety of other essential nutrients, eggs are a flexible addition to any meal. Egg yolks are a good source of vitamin D – the sunshine vitamin – vital in aiding the absorption of calcium to make strong bones.

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