

# Easy Chicken Cordon Bleu

**Recipe video above.** My midweek version of Chicken Cordon Bleu. All the flavour, all the crunch, much faster to make, and it's better for you because it's baked! Choose your method for crumbing the chicken - Super Easy or Quick Dredge (see photos for difference). Super Easy coats the top and sides of the chicken, but is faster than the Dredging Method. Served with a gorgeous traditional Dijon Cream Sauce!



4.96 from 186 votes

Prep Time  
15 mins

Cook Time  
30 mins

Total Time  
45 mins

Course: Chicken, Dinner    Cuisine: French(ish)    Keyword: Chicken Cordon Bleu    Servings: 2  
Calories: 590cal    Author: Nagi | RecipeTin Eats

## Ingredients

### Breadcrumbs

- Panko breadcrumbs - 1/2 cup for Super Easy or 1 cup for Quick Dredge
- Oil spray

### Chicken

- 2 small chicken breasts, around 6-7oz/180-210g each
- Salt and pepper
- 4 slices swiss cheese (Note 1)
- 4 to 6 slices of ham, about 2.5oz/75g (Note 2)

### Method 1: Super Easy

- 3 tbsp mayonnaise
- 1 1/2 tbsp Dijon mustard

### Method 2: Quick Dredge

- 1 egg
- 2 tsp plain flour

### Dijon Cream Sauce (makes 1 cup)

- 1 1/2 tbsp butter
- 1 1/2 tbsp flour
- 1 1/4 cups milk (Note 3)
- 2 tbsp Dijon mustard
- 3 tbsp parmesan cheese, finely grated

## Instructions

1. Preheat oven to 200C/390F (standard) or 180C/350F (fan).
2. Spread panko breadcrumbs on a baking tray and spray with oil. Bake for 3 minutes or until light golden. Remove and scrape into bowl straight away.
3. Cut a pocket into each chicken breast, as per the photo below.
4. Fold the cheese in half and place 2 pieces inside each pocket. Do the same with the ham. Close the pocket, seal with 2 toothpicks. Sprinkle with salt and pepper.

### **Super Easy Method**

1. Mix the mayonnaise, mustard, salt and pepper in a bowl. Spread onto the top and sides of the chicken (not underside).
2. Sprinkle panko over the chicken, using your other hand to press the breadcrumbs onto the side of the chicken. Spray with oil.

### **Quick Dredge Method**

1. Whisk egg and flour. Dip chicken into egg mixture, then into the panko breadcrumbs. Transfer to tray, spray with oil.

### **Baking**

1. Bake for 25 to 30 minutes, or until golden brown and just cooked through. Remove toothpicks, serve with the Dijon Cream Sauce.

### **Dijon Cream Sauce**

1. Melt butter over medium heat in a small saucepan. Add flour and cook for 1 minute.
2. Add half the milk and whisk until the flour mixture is blended in.
3. Add remaining milk, mustard and cheese. Cook for 3 minutes, whisking constantly, until thickened. It will thicken as it cools.
4. Remove from heat, add salt and pepper to taste. Serve with chicken.

### **Notes**

1. Swiss cheese (or masdaam sold at supermarket delis in Australia) is best for this recipe because it melts but holds its shape quite well. If you substitute with gruyere, cheddar, mozzarella or any other melting cheese, more cheese will ooze out. But if you seal with extra toothpicks, you can use any cheese you want!
2. I used small ham rounds so I needed 2 for each to cover the surface inside the chicken.
3. Preferably full fat milk but low fat is also ok.
4. Make Ahead: Use the Dredge Method and then refrigerate for up to 24 hours (probably ok longer, I just haven't tried) or freeze uncooked. Keep leftover breadcrumbs and touch up if required before baking. Thaw then cook per recipe.
5. Easy Chicken Cordon Bleu Calories per serving (180g/6oz chicken), assuming around 1/3 cup of sauce is used between the 2 servings.