



Oven baked chicken cordon bleu

20'
Hands on

30'
Cook Time

4
Portion(s)

1
Difficulty



Ingredients

For chicken and filling

- 1 kilo chicken breast fillet
- 4 slices ham
- 100 g cheddar, grated
- basil leaves

For coating

- 50 g crackers, salted
- 2 slices [sandwich bread](#)
- 50 g butter
- 1 tablespoon(s) mustard
- basil leaves
- 2 teaspoon(s) pepper
- 2 teaspoon(s) salt
- 100 g all-purpose flour
- 2 eggs

To serve

- 50 g tahini
- 40 g apple juice
- lime zest, of 1/2 lime
- salt
- pepper
- 100 g rocket, finely chopped

Method

- Preheat oven to 200* C (392* F) Fan.
- Spread the slices of ham on a clean [working surface](#).
- Add the grated cheese, dividing it equally over each slice and add the basil leaves also.
- [Cut](#) a pocket in each chicken fillet, lengthwise, using a sharp knife.
- Wrap the slices of ham to enclose the filling in a diagonal manner, and place them in the chicken fillet pockets.
- In a food processor, add the crackers, slices of bread, butter, mustard, basil leaves, salt and pepper. Beat until you create aromatic breadcrumbs.
- Transfer to a bowl.
- In a separate bowl, add the flour.
- In a third bowl, add the eggs, salt and pepper. Whisk to combine.
- Dredge the chicken fillets in to the bowl with the flour fist.
- Then coat in to the egg mixture.
- And last coat in the aromatic breadcrumbs.
- Make sure to coat the chicken fillets completely with each coating.
- Place them on a [baking sheet](#) lined with parchment paper and sprinkle with any remaining breadcrumbs.
- Bake for 30 minutes.
- When the fillets are almost ready, prepare the sauce.
- Combine the tahini, apple juice, lime zest, salt and pepper in a bowl, until all of the ingredients are completely combined.
- When the chicken filets are ready, remove from oven and serve with sauce and rocket leaves.

Tip

The secret is to roll the ham, keeping the cheese in the middle. In this way, it will stay in place when it melts!

Διατροφικός πίνακας

Nutrition information per portion

669 Calories (kcal)	25.0 Total Fat (g)	12.0 Saturated Fat (g)	35.0 Total Carbs (g)
33%	36%	60%	13%
1.4 Sugars (g)	75.0 Protein (g)	2.8 Fibre (g)	4.3 Sodium (g)
2%	150%	11%	72%