

Treasure Barrel

# Baked Chicken Cordon Bleu with Dijon Cream Sauce

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| **15 min**<br>Prep time | **25 min**<br>Cook time | **40 min**<br>Total time |
| **4**<br>Servings | **Medium**<br>Difficulty | **American**<br>Cuisine |

## Ingredients

### Chicken and Stuffing

- [ ] 4 boneless, skinless chicken breasts
- [ ] 4 slices smoked ham
- [ ] 4 slices Swiss cheese
- [ ] 1 cup all-purpose flour
- [ ] 2 large eggs, lightly beaten
- [ ] 1 1/2 cups panko bread crumbs
- [ ] 2 tablespoons unsalted butter
- [ ] 1 tablespoon olive oil
- [ ] 1/2 teaspoon garlic powder
- [ ] 1/2 teaspoon dried thyme
- [ ] Salt and freshly ground black pepper, to taste

### Dijon Cream Sauce

- [ ] 1 cup low-fat chicken broth
- [ ] 1 cup heavy cream
- [ ] 2 tablespoons Dijon mustard
- [ ] 1 teaspoon lemon juice
- [ ] 2 tablespoons unsalted butter

### Garnish

- [ ] Fresh parsley, chopped (for garnish)

## Instructions

1. Start by preheating your oven to 375°F (190°C). Now, honestly, the trick here is the thickness; use a meat mallet or rolling pin to gently flatten each chicken breast to about 1/2-inch. It makes the rolling so much easier. Once flat, season both sides with salt, pepper, garlic powder, and dried thyme.

2. Lay a slice of smoked ham and a slice of Swiss cheese right on top of each flattened breast. Roll them up tightly—kind of like a little blanket—and secure them with a toothpick or kitchen twine so they don't unravel in the oven.

3. Set up three shallow bowls with your flour, beaten eggs, and panko bread crumbs. Dredge each chicken roll in the flour first (shake off the excess, please!), dip it into the egg, and finally coat it thoroughly with those panko breadcrumbs for a lovely crunch.

4. Heat the butter and olive oil in a large oven-safe skillet over medium heat. Sear the rolls for 2-3 minutes per side until they are a beautiful golden brown. Then, just slide the whole skillet into the oven and bake for 18-20 minutes, or until the internal temperature hits 165°F (74°C).

5. While the chicken is doing its thing in the oven, let's make the sauce. Melt 2 tablespoons of butter in a saucepan over medium heat. Whisk in 1 tablespoon of flour and cook for just a minute to form a roux-it's the secret to a thick sauce.

6. Gradually pour in the chicken broth, whisking constantly-you don't want any lumps, ugh. Stir in the heavy cream, Dijon mustard, lemon juice, salt, and pepper. Let it simmer gently for 5-7 minutes until it thickens up nicely.

7. Carefully remove the skillet from the oven. Remove those toothpicks or twine-don't forget this part!-and slide the golden rolls onto your serving platter.

8. Now for the best part. Add a spoonful of that creamy Dijon sauce over each roll, then gently pour the rest over the top so they're just perfectly coated.

9. Finish it off with a sprinkle of chopped parsley and a few lemon zest curls for a little pop of color. Serve it immediately while it's warm and melty.

## Nutrition per serving

| 580 kcal | 45 g | 22 g | 34 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- Pat your chicken dry with paper towels before seasoning to make sure the breading actually sticks.
- Keep a close eye on the internal temperature with a thermometer to avoid overcooking the breast.
- If you don't have a meat mallet, a heavy skillet or a wine bottle wrapped in plastic works too.