

Helergon Kitchen

Baked Chicken Cordon Bleu With Dijon Cream Sauce

20 min Prep time	**25 min** Cook time	**45 min** Total time
4 Servings	**Medium** Difficulty	**French-American** Cuisine

Ingredients

Chicken Rolls

- [ ] 4 boneless skinless chicken breasts (6–8 oz each)
- [ ] 8 slices thin-cut ham
- [ ] 8 slices Swiss cheese
- [ ] Salt and freshly ground black pepper, to taste

Breading Station

- [ ] 1/2 cup all-purpose flour
- [ ] 2 large eggs
- [ ] 1 tablespoon water
- [ ] 1 cup panko breadcrumbs
- [ ] 1/3 cup freshly grated Parmesan cheese
- [ ] Salt and freshly ground black pepper, to taste

Dijon Cream Sauce

- [ ] 3 tablespoons unsalted butter
- [ ] 1 cup heavy cream
- [ ] 2 tablespoons Dijon mustard
- [ ] 1 tablespoon fresh lemon juice
- [ ] 1 teaspoon fresh thyme, chopped (optional)
- [ ] Salt and freshly ground black pepper, to taste

Instructions

1. Start by preheating your oven to 375°F (190°C). I like to line my baking sheet with parchment paper right away so there's no fuss later; just set it aside for now.
2. Now for the chicken. Slice each chicken breast horizontally to make two fillets. To get them just right, place them between sheets of plastic wrap and gently pound them with a meat mallet or rolling pin until they are a nice, even 1/2-inch thickness.
3. Give each fillet a simple seasoning of salt and pepper on both sides. It's the little things that build the flavor, yeah?
4. Lay one slice of ham and one slice of Swiss cheese on each fillet, then roll them up tightly. Secure each little roll with a toothpick or a bit of kitchen twine so they don't unravel on us.
5. Let's set up the breading station. Use three shallow dishes: flour in the first; whisked eggs with 1 tablespoon water in the second; and a mix of panko breadcrumbs, Parmesan, salt, and pepper in the third.
6. Dredge each chicken roll in the flour first, tapping off the extra, then dip it in the egg wash, and finally coat it evenly in that lovely breadcrumb mixture.

7. Place your breaded rolls seam-side down on the baking sheet. For a little extra richness, drizzle each roll with 1 tablespoon melted butter.

8. Bake for 20–25 minutes. You're looking for a golden brown coating and an internal temperature of 165°F (74°C). Now, the hard part: let them rest for 5 minutes before you serve.

9. While the chicken is baking, let's make the sauce. Melt 2 tablespoons butter in a saucepan over medium heat, whisk in 1 tablespoon flour for about 1 minute until lightly browned, then slowly pour in the heavy cream, whisking constantly. Stir in the Dijon mustard, 1 tablespoon lemon juice, salt, and pepper; simmer for 3–4 minutes until it thickens. If you have some fresh thyme, stir that in at the end.

10. Carefully remove the toothpicks, plate your chicken rolls, and spoon that velvety Dijon sauce right over the top. Serve it up while it's hot!

Nutrition per serving

620 kcal	45 g	24 g	38 g
Calories	Protein	Carbs	Fat

Tips & notes

- The meat mallet is your best friend here to ensure the chicken cooks evenly.
- Resting the chicken for 5 minutes keeps all those juices inside.
- The sauce is best prepared while the chicken bakes so everything hits the table hot.