

Chicken Cordon Bleu

with Salad and Dijon Sauce

hellóchef

Cordon bleu is a French classic which consists of meat wrapped around cheese and ham, before being breaded and pan-fried.

Cals 1120 • Prot 75 • Carbs 117 • Fat 41

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🕒 cook: 50 min

R3350



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Cordon Bleu	2 ppl	3 ppl	4 ppl	
Chicken breast	300	400	600	Grams
Grated cheddar 4*	60	90	120	Grams
Smoked turkey bacon	60	90	120	Grams
Plain flour 10*, 11*	50	100	100	Grams
Garlic onion powder	4	4	8	Grams
Organic Eggs 5*	1	2	2	Piece
Panko bread crumbs 10*, 11*, 12*	60	120	120	Grams
Vegetable oil	3	4	6	Tbsp
Dijon sauce				
Parmesan 4*	30	45	60	Grams
Butter 4*	20	30	50	Grams
Plain flour 10*, 11*	15	15	30	Grams
Whole milk 4*	200	200	400	ML
Vegetable stock cube 15*	0.5	0.5	1	Piece
Dijon mustard 13*	12	12	24	Grams
Black pepper	0.5	0.5	1	Tsp
Salad				
Lollo salad mix	100	100	200	Grams
Olive oil	2	3	4	Tbsp
Red vinegar	15	22	30	ML
Rice				
Basmati rice	150	225	300	Grams
Water	300	450	600	ML

Allergens

*4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *12 Lupin, *15 Celery, *13 Mustard

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	4685 / 1120
Fat (g)	41.3
of which saturates (g)	24.9
Carbohydrate (g)	117
of which sugars (g)	6.8
Fiber (g)	2.8
Protein (g)	74.7
Salt (g)	3.8

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Make escalopes

Preheat the oven to 200°C/180°C fan. Wrap the **chicken breasts** in cling film and place them on a chopping board. Using a rolling pin, bash the **chicken breasts** until halved in thickness. Unwrap.



2 Stuff

Top the flattened **chicken breasts** with the burger cheese and **turkey bacon**. Roll the **chicken** up very tightly into cylinders. Add the **flour, salt, pepper** and **garlic onion powder** to a bowl. Add the **eggs** to a second bowl and whisk. Add the **panko** breadcrumbs to a third bowl. First, carefully turn the **chicken** rolls in the **flour**, then in the **eggs** and finally in the **panko**.



3 Prep

Heat a large pan over a medium-high heat with a generous drizzle of **oil**. Once hot, add the **chicken** rolls to the pan and cook for 2 min on each side or until golden. Transfer the **chicken** to a baking tray and bake for 25 min until cooked through. Meanwhile, grate the **Parmesan**.



4 Boil rice

Rinse the **basmati rice**. Add the **rice**, a pinch of salt and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked.



5 Make sauce

Melt the **butter** in a saucepan over a medium heat. Add the **flour** and cook for 1 min, whisking, until a paste has formed. Slowly add the **milk**, whisking constantly. Crumble the **stock cube** in. Add the **mustard, Parmesan** cheese, **salt**, and **pepper**. Cook for 3 min or until thickened.



6 Serve

In a large bowl combine the mixed **salad, olive oil, vinegar** and salt. Mix to combine. Serve the **cordon bleu** with the **salad** to the side. Drizzle with the **Dijon** sauce.