

Retro Cordon Bleu

with Crunchy French Salad

hellóchef

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

Cals 1124 • Prot 83 • Carbs 96 • Fat 47

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🕒 cook: 35 min

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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	400	600	800	Grams
Smoked turkey bacon	90	120	180	Grams
Grated cheddar 4*	60	90	120	Grams
Dijon mustard 13*	6	9	12	Grams
Corn starch	60	90	120	Grams
Garlic onion powder	4	4	8	Grams
Organic Eggs 5*	1	2	2	Piece
Cornflakes 11*	100	150	200	Grams
Vegetable oil	1	1	2	Tbsp

Salad				
Romaine lettuce	300	400	600	Grams
Cucumber	1	2	2	Piece
Green apple	1	1	2	Piece
Carrot	1	1	2	Piece
Sunflower seeds	20	30	40	Grams

Dressing				
Sour cream 4*	60	90	120	Grams
Mayonnaise 5*, 9*, 13*	16	24	50	Grams
Apple cider vinegar	15	15	30	ML
Salt	1	1	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Olive oil	1	1	2	Tbsp

Allergens

*4 Milk, *13 Mustard, *5 Eggs, *11 Gluten, *9 Soya

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)	4698 / 1124
Fat (g)	46.7
of which saturates (g)	19
Carbohydrate (g)	96
of which sugars (g)	22.5
Fiber (g)	12.5
Protein (g)	82.7
Salt (g)	4.9

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



1 Flatten chicken

Preheat the oven to 200/180 °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 Roll chicken

Top the unwrapped **chicken breasts** with the burger cheese and **turkey bacon**. Smear the **Dijon** over the **turkey bacon**. Season. Roll the **chicken breasts** up very tightly until they resemble cylinders. If necessary, cut the **bacon** and cheese to size to ensure both are included in every roll.



3 Bread

Add the **corn starch**, a pinch of **salt** and the **garlic onion powder** to a shallow bowl. Add the **eggs** to a second shallow bowl and whisk. Crush or bash the **cornflakes** in their bag (until they resemble breadcrumbs) and place into a third shallow bowl. First, carefully turn the **chicken** rolls in the **starch**, then in the **eggs** and finally in the **cornflakes**.



4 Bake

Transfer each **chicken** roll, seam-side down, to an oiled baking tray. Drizzle with more **oil** and bake for 25-30 min until cooked through.



5 Prep dressing

Meanwhile, place the **sour cream**, **mayonnaise**, **vinegar**, **salt**, **pepper** and a drizzle of **olive oil** in a bowl and whisk - this is your **dressing**.



6 Salad

Roughly chop the **lettuce**. Slice the **cucumber**. Finely chop the **apple**. Peel and grate the **carrot**. Toss the **seeds**, **lettuce**, **carrot**, **apple** and **cucumber** in the **dressing**. Serve the **chicken** over the top.