

Cordon bleu chicken, Seared Green Beans with sundried tomatoes |

Recipe for 4 servings

Description

This is a great recipe that can be done anywhere in the world depending on which cheese or cold cuts you use.

Ingredients

Chicken

- 2 Unit(s) Chicken breast
- 4 Slice(s) Cooked ham
- 4 Stick(s) Gruyere cheese
- 100 Gr Flour
- 2 Unit(s) Egg
- 500 Ml Japanese breadcrumbs (panko)

Green beans

- 200 Gr Green beans
- 2 Unit(s) French shallot
- 100 Gr Sundried tomatoes
- 6 Sprig(s) Flat parsley

Preparation

- Preparation time **30 mins**
- Preheat your **Four** at **400 F°**

Preparation

Remove the stem from the green beans and then blanch them in salted boiling water for 4-5 minutes. Strain and run under cold water to stop them from overcooking.

Peel and mince the french shallots. Mince the parsley. Finely slice the sundried tomatoes.

Cordon Bleu chicken

Make an incision in each chicken breast along the length, making sure not to go all the way through. The idea is to be able to open it and stuff the center. Season with salt and pepper and then place a slice of ham in the center as well as a slice of cheese. Lightly roll the chicken breast to close it and then with the help of a few toothpicks, seal it to keep the contents inside.

Prepare 3 different mixing bowls, one with flour, one with the egg mixture and one with the panko or bread crumbs. Bread the chicken breasts by dipping them in each of the bowls in the correct order. (Seen in class) (flour, egg, bread crumbs)

In a hot skillet with oil, cook the chicken until nice and golden on both sides and then transfer to a baking sheet and finish cooking them in the oven, roughly 10-12 minutes.

Green beans

In a hot skillet with butter, sweat the shallots. Add the green beans to warm them through and then finish with the sundried tomatoes and parsley. Season to taste with salt and pepper.

Plating

Place the Chicken breast on the serving dish of your choice and place a nice helping of the green beans off to one side. Enjoy!

Bon appétit!