

Cordon bleu chicken, Seared Green Beans with sundried Tomatoes

Recipe for 4

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

- 4 Unit(s) Chicken breast
- 4 Slice(s) Cooked ham
- 4 Slice(s) Gruyere cheese
- 250 Gr Flour
- 3 Unit(s) Egg
- 250 Gr Japanese breadcrumbs (panko)

Potatos purée

- 1 Kg Potatoes
- 2 Sprig(s) Thyme
- 1 Unit(s) Onion
- 2 Liter(s) Chicken stock

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.

Potatos purée

In a big pot, put the sweet potatoes, add the branch of rosemary. Cover with cold water and bring to a boil. Reduce the heat and let simmer for 20 minutes until tender. Strain the potatoes, remove the rosemary sprigs and transfer the sweet potatoes in a food processor. Turn them into a firm mash, using a little bit of cooking liquid or butter to adjust the texture. Finish with the caramelized onions.

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!