

## Chicken Cordon Bleu

### Ingredients (Serves 4)

- **4 thin chicken cutlets** (pounded to **1/8 inch thick**)
- **2 large eggs** (beaten)
- **Dijon mustard** (for spreading on chicken)
- **1/2 tsp granulated onion** (*or onion powder*)
- **1/2 tsp granulated garlic** (*or garlic powder*)
- **1/2 tsp dried parsley** (*adds flavor and color*)
- **1/2 tsp kosher or sea salt**
- **1/2 tsp black pepper** (*freshly ground for best flavor*)
- **4 slices of ham** (*thinly sliced for easy rolling*)
- **4 slices of Swiss cheese** (*or your preferred cheese*)
- **1 cup panko breadcrumbs** (*for a crispy coating*)
- **1 tbs melted butter** (*enhances crispiness and flavor*)
- **8 toothpicks** (*to secure the rolled chicken*)
- **Oil for sautéing** (*such as olive or vegetable oil, for pan-frying*)

### Instructions

1. **Prepare the seasoning:** In a small bowl, combine the granulated onion, granulated garlic, dried parsley, salt, and black pepper. Stir to mix evenly.
2. **Prepare the breadcrumbs:** In a separate bowl, mix the panko breadcrumbs with the melted butter until well combined.
3. **Prepare the egg wash:** Beat the eggs in a shallow bowl and set aside.
4. **Assemble the chicken:**
  - Lay the chicken cutlets flat on a cutting board.
  - Spread a thin layer of Dijon mustard over each cutlet.
  - Sprinkle the seasoning mix evenly over the mustard.
  - Place one slice of ham on top of each cutlet, followed by a slice of Swiss cheese.
  - Tightly roll each chicken cutlet from bottom to top and secure with two toothpicks.
5. **Coat the chicken:**
  - Dip each rolled chicken breast into the beaten egg, turning to coat all sides.
  - Roll the chicken in the panko mixture, pressing gently to ensure an even coating.
6. **Chill the chicken:** Place the breaded chicken rolls in the refrigerator for **1 hour** to help them set.
7. **Bring to room temperature:** Remove the chicken from the refrigerator and let it sit at room temperature for **20 minutes** before cooking.
8. **Preheat the oven:** While the chicken is resting, preheat the oven to **400°F (200°C)**.

**9. Sear the chicken:**

- Heat **2 tablespoons of oil** in a skillet over medium heat.
- Add the chicken rolls to the skillet (they should sizzle upon contact).
- Sear for **3-4 minutes per side** until golden brown, turning to ensure even browning on all sides.

**10. Bake the chicken:** Transfer the skillet to the preheated oven and bake for **18-20 minutes**, or until the internal temperature reaches **165°F (75°C)**.

**11. Rest and serve:** Remove the chicken from the oven and let it rest for **5 minutes** before serving.