**Chicken Cordon Bleu**

Ingredients

Breadcrumbs

* Panko breadcrumbs -1 cup for Dredging
* Oilspray

Chicken

* 2 small chicken breasts, around 6-7oz/180-210g each
* 4 slices swiss cheese (Note 1)
* 4 to 6 slices of ham, about 2.5oz/75g (Note 2)

Dredging Method

* 1 egg
* 2 tsp plain flour

Dijon Cream Sauce (makes 1 cup)

* 1 1/2 tbsp butter
* 1 1/2 tbsp flour
* 1 1/4 cups milk (Note 3)
* 2 tbsp Dijon mustard
* 3 tbsp parmesan cheese, finely grated
* 1 tsp thyme leaves (optional)
* Salt and pepper

Instructions

1. Preheat oven to 180C/350F.
2. Spread panko breadcrumbs on a baking tray and spray with oil. Bake for 3 minutes or until light golden. Remove and scrape into bowl straight away.
3. Cut a pocket into each chicken breastFold the cheese in half and place 2 pieces inside each pocket. Do the same with the ham. Close the pocket, seal with toothpicks.
4. Sprinkle with salt and pepper.

Dredging method

1. Whisk egg and flour. Dip chicken into egg mixture, then into the panko breadcrumbs. Transfer to tray, spray with oil.

Baking

1. Bake for 25 to 30 minutes, or until golden brown and just cooked through. Rest for 5 minutes before serving with the Dijon Cream Sauce.

Dijon Cream Sauce

1. Melt butter over medium heat in a small saucepan. Add flour and cook for 1 1/2 minutes.
2. Add half the milk and whisk until the flour mixture is blended in.
3. Add remaining milk, mustard and cheese. Cook for 3 minutes, whisking constantly, until thickened. It will thicken as it cools.
4. Remove from heat, stir through thyme leaves and add salt and pepper to taste. Serve with chicken.

Recipe Notes

1. Swiss cheese is best for this recipe because it melts but holds it's shape quite well. If you substitute with gruyere, cheddar, mozzarella or any other melting cheese, most of it will ooze out because the chicken is not sealed. You can seal the seam using toothpicks if you wish. In which case, you can use any cheese you want.  
  
2. I used small ham rounds so I needed 3 for each to cover the surface inside the chicken.   
  
3. Preferably full fat milk but low fat is also ok.  
  
Easy Chicken Cordon Bleu Calories per serving (180g/6oz chicken), assuming around 1/3 cup of sauce is used between the 2 servings.