

Chicken Cordon Bleu

Serving 4 people
Preparation: 20 mn
Cooking: 15mn



Ingredients:

4 chicken breasts
4 ham slices of ham or bacon or avocados
4 slices of melting cheese
Some slices of old bread
Some nuts or seeds
2 eggs
Some mustard
Some flour

- 1) Crush the old bread. Once you obtain breadcrumbs, mix them with your nuts or seeds.
Keep the mixture in a soup plate
- 2) With a knife divide your chicken breasts in the sense of the width in order to open them like a book. Add some salt and pepper.
- 3) In a bowl beat your eggs
- 4) Put a slice of ham or bacon or avocado plus a slice of melting cheese on each half of the chicken breast. Then shut the 2 parts of the chicken breast like you would close a book.
- 5) Brush some mustard on each side
- 6) Soak the chicken breast in the eggs and then in the breadcrumbs
- 7) Place the prepared chicken breasts in a frying pan with some oil. Don't forget to return them
- 8) Serve immediately and eat with some salad or vegetable