

Air Fryer Chicken Cordon Bleu

Jacob · 28/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

40 mins

Description

Crispy air fryer chicken Cordon Bleu stuffed with ham and melty cheese Serve with a steamed vegetable for a complete and satisfying meal

Ingredients

- - 2 boneless
- skinless chicken breasts - salt and ground black pepper to taste - 1 tablespoon Dijon mustard - 4 slices deli Swiss cheese - 4 slices deli ham - 2 toothpicks - $\frac{1}{4}$ cup all-purpose flour - 1 egg
- beaten - 1 cup panko bread crumbs - ? cup grated Parmesan cheese - cooking spray

Instructions

1. Gather the ingredients. Place a chicken breast on a flat work surface. Slice horizontally through the middle
2. being careful not to cut all the way through to the other side. Open the 2 sides and spread them out like an open book. Place chicken breast between 2 sheets of heavy plastic on a solid
3. level surface; lightly pound with the smooth side of a meat mallet to a 1/4-inch thickness. Repeat with remaining chicken breast. Season each chicken breast with salt and pepper. Spread Dijon mustard on top. Place 1 slice of cheese on each breast. Top each with 2 slices of ham and 1 slice of cheese. Roll each breast up and secure with a toothpick. Place flour in a shallow bowl. Place egg in a second bowl. Mix panko bread crumbs and grated Parmesan in a third bowl. Preheat an air fryer to 350 degrees F (175 degrees C). Meanwhile
4. dredge chicken breasts in flour; shake off excess. Dip into beaten egg
5. allowing any excess egg to drip back into the bowl. Press into bread crumb mixture to coat both sides; place breaded chicken breasts onto a plate and spray with nonstick spray. Let sit for 5 minutes while the air fryer preheats
6. then arrange breaded chicken in a single layer in the air fryer basket. Cook in the preheated air fryer for 10 minutes; flip chicken breasts and spray any dry spots with nonstick spray. Cook until chicken is no longer pink in the center
7. 8 minutes more. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Editor's Note: Nutrition data for this recipe includes the full amount of breading ingredients. The actual amount of breading consumed will vary.