

Chicken Cordon Bleu

A restaurant-worthy recipe cooked up in your own kitchen has never been so easy. Breaded and rolled up with ham and Swiss cheese, it's a French classic. We're serving it with sautéed kale salad and cranberries for a delicious dinner perfect any night of the week.

35 *Minutes to the Table*

15 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

- Baking Sheet
- Meat Mallet (or small pot)
- Small Bowl
- Skillet

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Eggs (one per serving)

6 MEEZ CONTAINERS

- Chicken Breast
- Cheese & Herbs
- Ham
- Toothpicks
- Panko Breading
- Kale Salad

Make The Meal Your Own

Our cage-free chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Good To Know

Health snapshot per serving – 795 Calories, 27g Fat, 94g Protein, 47g Carbs, 16 Freestyle Points.

Lightened-Up Health snapshot per serving – 655 Calories, 19g Fat, 39g Carbs, 11 Freestyle Points by using half the cheese and half the breading.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Chicken Breast, Kale, Broccoli, Brussels Sprouts, Cabbage, Radicchio, Ham, Cranberries, Green Onion, Pecorino Romano, Parmesan, Swiss, Gruyere, Breadcrumbs, Garlic, Parsley, Mustard, Black Pepper, Kosher Salt, Oregano, Onion Powder, Paprika.

meezmeals

1. Getting Organized

Preheat the oven to 400. Line a baking sheet with parchment paper (or lightly brush with oil).

2. Prep the Chicken

Very loosely wrap each **Chicken Breast** in plastic wrap and place on a cutting board. Pound it until it starts to spread, using a meat tenderizer (mallet) or bottom of a small pot. Flip the chicken over and continue to pound until it is 1/4" thick or less and has doubled in size. Generously season with salt and pepper (we use 1/4 tsp salt and 1/4 tsp pepper, so use about half per side, or more if you like).

Take one of the chicken breasts and cover with half the **Cheese & Herbs**. Cover the entire breast and cheese with 3 slices of **Ham** and press down firmly. Position the breast with the narrow end facing you (imagine a piece of paper in portrait mode) on the cutting board and roll away from you tightly, securing with 3 of the provided **Toothpicks**. Repeat for the other breast.

3. Bread and Bake

Spread the **Panko Breading** evenly on a large plate. Crack 2 eggs into a small bowl and beat the eggs. Working with one at a time, dip the rolled-up breast first into the egg, then roll in the panko mixture, pressing down on all sides to coat. Place the breaded chicken breasts on the baking sheet and bake until golden brown on the outside and fully cooked inside, about 20 minutes. Remove from the oven and let rest for at least 5 minutes, then remove the toothpicks.

4. Cook the Ham and Kale Salad

While the chicken is resting, heat 1 Tbsp olive oil in a large skillet over medium heat. Slice the remaining ham slices into 1/2" squares and sauté for 2 minutes. Add the **Kale Salad**, and sprinkle with salt and pepper. Cook, stirring frequently, until the kale starts to wilt and turns bright green, about 3 minutes. Remove from the skillet and serve topped with the chicken. Enjoy!

Don't be afraid to get your aggression out on the chicken!

Use a meat thermometer to ensure the inside of the chicken is at least 155 degrees before removing from the oven. It will continue to cook while resting.

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois