

Crumbed Chicken Cordon Bleu

Ingredients:

2 large chicken breasts
4 slices ham (choose preservative-free or even thinly sliced pork belly or leftover roast pork)
4 slices hard cheese (Gruyère, Emmental, or aged cheddar work beautifully)
1 egg
¼ cup grated Parmesan
½ cup **ZeroKrumbs** pork rind crumbs
1–2 Tbsp tallow, ghee or butter for frying
Salt & black pepper (optional)

Method:

1. Prepare the Chicken

Slice each chicken breast horizontally (like a book) to butterfly them. Place between baking paper or cling wrap and gently pound flat with a meat mallet or rolling pin until about 1cm thick.

2. Assemble the Filling

Lay 2 slices of ham and 2 slices of cheese inside each flattened breast. Fold it closed and secure with toothpicks if needed to stop filling from escaping.

3. Crumb Coating

In one shallow bowl, beat the egg. In another, mix the ZeroKrumbs and Parmesan together. Season with a little pepper if desired.

4. Coat

Dip each stuffed chicken breast in the egg, then into the crumb mixture. Press to coat well all over.

5. Fry

Heat fat in a pan over medium heat. Add the chicken and fry for about 5–7 minutes per side, or until golden and cooked through. Lower the heat and cover if needed to help melt the cheese and ensure it's cooked inside.

6. Rest & Serve

Let rest 2 minutes before slicing. Serve hot with your favourite carnivore dip — like your homemade **carnivore mayo**, **hollandaise**, or even a touch of melted cheesy Alfredo sauce.

Serving Ideas:

Slice into medallions for a protein platter

Serve with a side of crumbed mushrooms or egg & crumb patties

Pair with a dip trio: mayo, hollandaise, or Alfredo for the ultimate indulgence

