



Air Fryer Chicken Cordon Bleu in Cheese Sauce

A Fancy Name for a Cozy Meal

Chicken Cordon Bleu sounds so grand. I thought it was for kings and queens. Then I learned it just means “blue ribbon” chicken.

It is a fancy way of saying ham and cheese tucked inside chicken. Isn't that a fun secret? It feels like a special treat. But it is really just a simple, cozy meal.

The Little Roll-Up Secret

My first time making this, I rolled it too loose. The cheese bubbled right out in the oven. I still laugh at that cheesy mess.

The trick is to roll it tight, like a sleeping bag. Tuck in the sides so nothing escapes. That tight roll makes every bite perfect. What's the funniest kitchen mess you've ever made?

Why We Pound the Chicken

Pounding the chicken flat is my favorite part. It is a gentle way to make it even. This matters because it helps the chicken cook all the way through.

No one gets a dry, thick part and a raw, thin part. Everyone gets a tender, juicy piece. It is a small step that makes a big difference.

The Magic of the Air Fryer

An air fryer gives this dish a wonderful crunch. It uses hot air to make the outside golden. You get that fried taste without all the oil.

Fun fact: Air fryers are like tiny, super-powerful ovens. They blow hot air around very fast. This cooks food quickly and makes it crispy.

That Dreamy Cheese Sauce

Making the sauce is like a little science project. You melt butter, stir in flour, then slowly add warm milk. Doesn't that smell amazing when it thickens up?

Adding the cheese last is the best part. You see it melt into a smooth, creamy sauce. This matters because a good sauce brings everything together. Do you prefer your cheese sauce thick or a little runny?

Bringing It All Together

When you pour that warm cheese sauce over the crispy chicken, it is pure joy.

The steam rises and the smell fills the kitchen. It is a meal that says someone cares.

Cooking for others is a way to share love. It does not have to be perfect. It just has to be made with a happy heart. What is your favorite meal to make for the people you love?



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Ingredients:

Ingredient	Amount	Notes
Boneless skinless chicken breasts	4	
Pre-packaged deli ham	12 slices	divided
Swiss cheese, shredded	2 cups (226 g)	divided
All-purpose flour	3/4 cup (93.5 g)	divided for breading and sauce
Kosher salt	2 3/4 teaspoons	divided for breading and sauce
Pepper	1/4 teaspoon	plus more to taste for sauce
Cayenne pepper	1/4 teaspoon	
Large eggs	2	room temperature
Water	2 tablespoons	
Italian seasoned breadcrumbs	1 cup (108 g)	
Unsalted butter	3/4 cup (1.5 sticks / 169 g)	divided, melted for breading and for sauce
Garlic, minced	2 teaspoons	
Whole milk	3 cups (735 g)	warmed
Garlic powder	1/2 teaspoon	
Mozzarella cheese, shredded	1/2 cup (56.5 g)	
Parsley		for garnish



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A Cozy Chicken Roll-Up for a Happy Belly

My grandson Leo calls this my “fancy dinner.” I just call it delicious. It is chicken, ham, and cheese all rolled into one. We get to use our hands and have a little fun. Doesn’t that sound better than fancy?

See also Crispy Sourdough Crusted Chicken

Let’s Get Our Chicken Ready

First, we butterfly the breasts. Lay your hand flat on the chicken. Slice into the thick side, but don’t cut all the way through. It’s like opening a book! Now, place it between plastic wrap. Give it a gentle pound with a rolling pin. We want it nice and thin. I still laugh at the noise it makes. Thump, thump, thump!

Now for the Fun Part: The Stuffing!

Lay your chicken flat. Top it with a few slices of that salty ham. Then, sprinkle a good amount of Swiss cheese. Using the plastic wrap, roll it up tight. Tuck in the ends like a burrito. This keeps all the cheesy goodness inside. Wrap it up and let it rest in the fridge. This helps it hold its shape.

Time for the Crispy Coating

You will need three plates. One for flour with spices. One for whisked eggs and water. The last one has breadcrumbs mixed with buttery garlic. Roll each chicken roll in the flour, then the egg, then the crumbs. (A hard-learned tip: Use one hand for dry steps and one for wet. It saves your fingers from becoming a breaded mess!).

Cooking and the Cheese Sauce

Into the air fryer they go! Do not crowd them. They need their space to get golden and crispy. Cook them until they are hot all the way through. While they cook, we can make the sauce. What's your favorite cheesy comfort food? Share below!

For the cheese sauce, melt butter in a pan. Whisk in the flour until it smells a bit toasty. Then, slowly pour in the warm milk. Keep whisking! It will get thick and wonderful. Take it off the heat and stir in all that glorious cheese. Pour it over your golden chicken rolls. Doesn't that smell amazing? It tastes even better.

Cook Time: 18-20 minutes

Total Time: About 1 hour

Yield: 4 servings

Category: Dinner

Three Tasty Twists on a Classic

Recipes are like stories. You can tell them a little differently each time. Feel free to play with this one. Here are some ideas to get you started.

- **Pizza Party Roll-Up:** Swap the ham for pepperoni. Use mozzarella cheese inside. Serve the sauce for dipping.
- **Thanksgiving Leftovers:** Use sliced turkey instead of ham. Add a spoonful of stuffing with the cheese. So cozy.
- **Garden Veggie Delight:** Sauté some spinach and mushrooms. Roll those up with the cheese for a meat-free treat.

Which one would you try first? Comment below!

How to Serve Your Masterpiece

This chicken is the star of the show. But every star needs a good supporting cast. I love to serve it on a bed of simple mashed potatoes. The cheese sauce drips down into them. It is pure heaven. Buttered green beans or steamed broccoli are lovely, too. They are perfect for scooping up any extra sauce.

For a drink, a crisp apple cider is wonderful. It cuts through the richness. For the grown-ups, a glass of chilled Chardonnay pairs beautifully. It feels like a special occasion. Which would you choose tonight?

See also [Spicy Creole Chicken Delight](#)



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Keeping Your Chicken Cordon Bleu Happy

Let's talk about storing this lovely dish. Cool it completely after cooking. Then wrap each piece tightly in foil. Pop it in the fridge for up to three days.

You can freeze it too. Wrap the cooled chicken in plastic wrap first. Then place it in a freezer bag. It will keep for two months this way.

I once reheated it in the microwave. The breading got a bit soft. Now I always use the air fryer or oven to reheat. It keeps everything crispy and perfect.

This matters because good food should never be wasted. A little planning means a delicious meal is always close by. **Have you ever tried storing it this way? Share below!**

Simple Fixes for Common Hiccups

Is your cheese leaking out while cooking? This happens to everyone. Just make sure you seal the chicken roll very tightly. The plastic wrap helps a lot with this.

Is your breading not sticking well? Pat the chicken very dry first. A damp chicken makes the flour slide right off. I remember when I learned this the hard way.

Is your cheese sauce too lumpy? The key is to whisk constantly. And always use warm milk. This makes a smooth, creamy sauce every single time.

Getting this right builds your cooking confidence. A smooth sauce makes the whole meal feel special. **Which of these problems have you run into before?**

Your Quick Questions, Answered

Q: Can I make this gluten-free?

A: Yes! Use gluten-free flour and breadcrumbs. It works just as well.

Q: Can I prepare it ahead of time?

A: Absolutely. Assemble and bread the chicken rolls. Keep them in the fridge until you are ready to cook.

Q: What if I don't have Swiss cheese?

A: Try mozzarella or provolone instead. They melt beautifully and taste great.

Q: Can I double the recipe for a crowd?

A: You can! Just cook in batches. Do not overcrowd your air fryer basket.

Q: Any optional tips?

A: A little sprinkle of paprika on top adds lovely color. Fun fact: Paprika comes from dried peppers! **Which tip will you try first?**

From My Kitchen to Yours

I hope you love making this recipe. It always feels like a special treat. Sharing good food is one of life's great joys.

I would be so happy to see your creation. Your photos inspire me and other cooks too. **Have you tried this recipe? Tag us on Pinterest!**

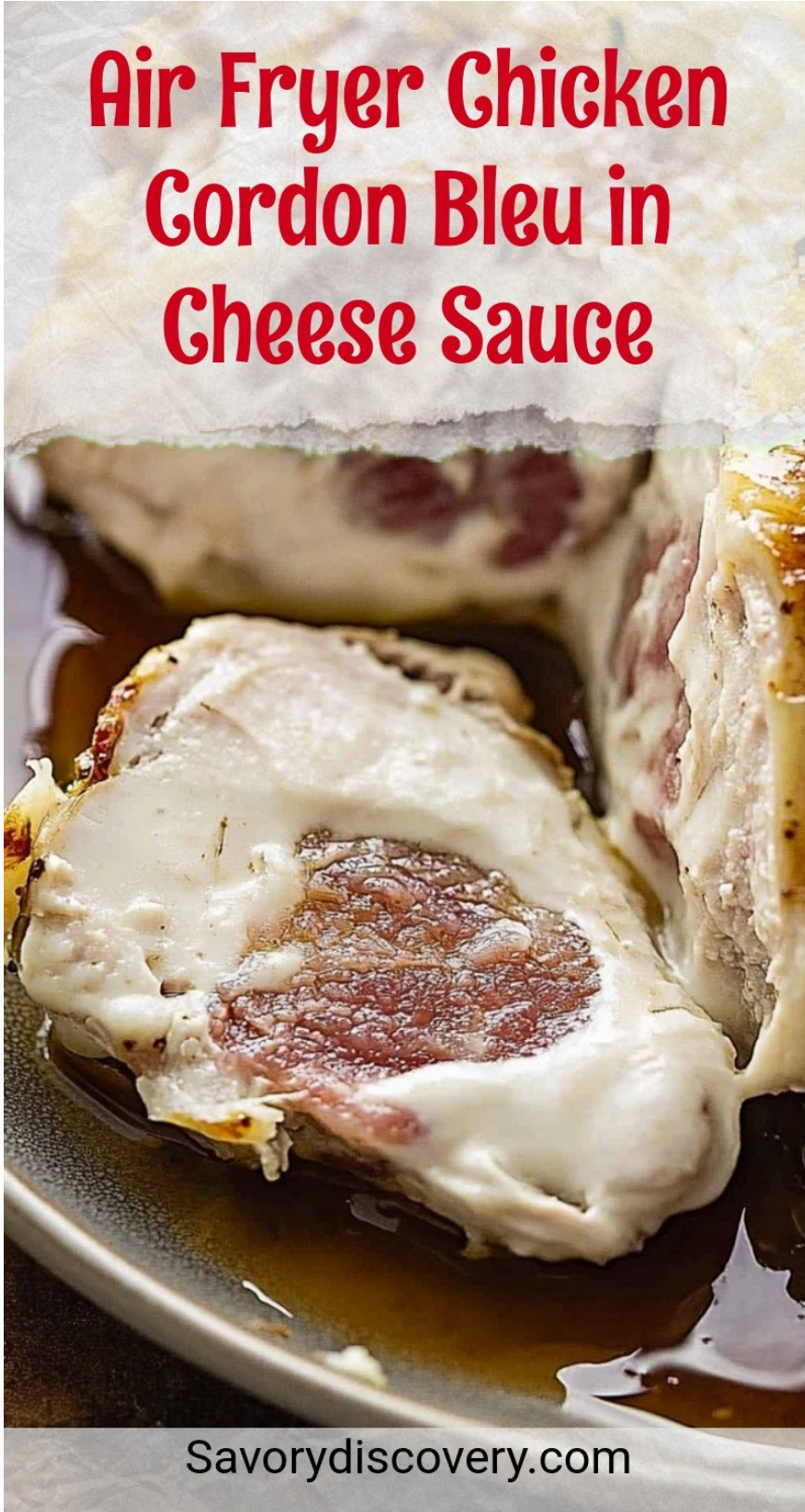
Happy cooking!



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—Elowen Thorn.

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Air Fryer Chicken Cordon Bleu in Cheese Sauce

Author: Elowen Thorn



Cooking Method: [Air Fryer](#) [Stovetop](#)



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Cuisine: [American French](#)



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Difficulty: **Beginner**



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Prep time: **30 minutes**



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Cook time: **20 minutes**



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Rest time: **30 minutes**



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Total time: **1 hour 20 minutes**



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Servings: **4 servings**



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Calories:**890 kcal**

Best Season:**Summer**

Description

Air Fryer Chicken Cordon Bleu with Swiss Cheese Sauce is a modern twist on a

classic dish, featuring tender chicken stuffed with ham and cheese, coated in seasoned breadcrumbs, and air-fried to perfection, all smothered in a rich, creamy Swiss cheese sauce.

See also Creamy Cowboy Butter Chicken Pasta Delight

Ingredients

Chicken

- ☐ 4 boneless skinless chicken breasts
- ☐ 12 slices pre-packaged deli ham, divided
- ☐ 1 cup (113 g) Swiss cheese, shredded, divided

Breading

- ☐ 1/4 cup (31 g) all-purpose flour
- ☐ 1/4 teaspoon kosher salt
- ☐ 1/4 teaspoon pepper
- ☐ 1/4 teaspoon cayenne pepper
- ☐ 2 large eggs, room temperature
- ☐ 2 tablespoons water
- ☐ 1 cup (108 g) Italian seasoned breadcrumbs
- ☐ 1/4 cup (1/2 stick / 56 g) unsalted butter, melted
- ☐ 1 teaspoon kosher salt
- ☐ 2 teaspoons garlic, minced

Swiss Cheese Sauce

- ☐ 1/2 cup (1 stick / 113 g) unsalted butter
- ☐ 1/2 cup (62.5 g) all-purpose flour
- ☐ 3 cups (735 g) whole milk, warmed

- ☐ 2 teaspoons kosher salt
- ☐ 1/2 teaspoon garlic powder
- ☐ 1 cup (113 g) Swiss cheese, shredded
- ☐ 1/2 cup (56.5 g) mozzarella cheese shredded
- ☐ salt and pepper, to taste
- ☐ parsley, for garnish

Instructions

1. Pat chicken dry with a paper towel and butterfly each chicken breast. To butterfly, put your chicken breast on a cutting board and, with your hand flat on top of it, use a sharp knife to slice into one side of the breast, starting at the thicker end and ending at the thin point. Be careful not to cut all the way through to the other side.
2. Place each butterflied chicken breast flat between 2 sheets of plastic wrap and pound until it reaches an even thickness of about 1/4 inch. (Be careful not to tear the chicken). Use a rolling pin to flatten the chicken if needed.
3. Set out 4 pieces of plastic wrap, each about 10 inches wide. Set one chicken breast on each piece of plastic wrap. Top each chicken breast with an even amount of ham and 1/4 cup of cheese.
4. Using the plastic wrap, roll the chicken into a tight roll, tucking the sides in slightly. Seal the chicken rolls tightly with the plastic wrap and refrigerate for 30 minutes.
5. When ready, take the chicken out of the refrigerator and remove the plastic wrap.
6. On a shallow plate add flour, salt, pepper, and cayenne pepper. Whisk to combine. On a second plate, whisk the eggs and water together. On a third plate combine breadcrumbs, butter, salt, and garlic. Mix until well combined.
7. Working one chicken breast at a time, dredge the chicken into the flour, then the egg, then the breadcrumb mixture. Making sure to coat the entire chicken breast each time.

8. Working 2-4 at a time (depending on the size of your air fryer) spray the coated chicken lightly with cooking oil and transfer it to the air fryer basket. Do not overcrowd.
9. Air Fry at 375°F for 18-20 minutes, flipping halfway, until golden brown and cooked through to an internal temperature of 165°F.
10. In the last few minutes of air frying, make the swiss cheese sauce.
11. In a saucepan over medium heat, melt the butter. Add the flour and whisk constantly for 1-2 minutes (or until the mixture turns light brown).
12. Remove from heat and gradually pour in the warm milk, whisking constantly. Return the pan to the heat, and whisk for another 3-5 minutes or until the mixture has thickened.
13. Add the salt and garlic powder. Stir to combine. Remove from heat. Add the cheeses, stirring to melt.
14. Pour cheese sauce over chicken cordon bleu, garnished with parsley. Serve warm.

Notes

Ensure the chicken is sealed tightly in the plastic wrap to prevent the filling from leaking during cooking. For a crispier coating, you can lightly spray the breaded chicken with oil before air frying.

Keywords: Chicken Cordon Bleu, Air Fryer, Swiss Cheese, Ham, Cheese Sauce