






Cooking Made Easy

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## Pan-Fried Chicken with New Potatoes and Tarragon Sauce

Every week we painstakingly go through the results of your recipe feedback to make sure we're on track to make tastier meals. Every once in a while we see a sharp spike in the scores and until recently we couldn't put our finger on the reason. Then we realised: Tarragon. It seems this little wonder herb perks up dinner time no end. Expect to see more on the menu soon!



Chicken Breasts



New Potatoes



Crème Fraîche



Green Beans



Tarragon



Dijon Mustard

## Ingredients

	2P	4P
Chicken Breasts	2	4
New Potatoes, chopped	1 handful	2 handfuls
Crème Fraîche <b>1</b>	3 tbsp	6 tbsp
Green Beans	1 handful	2 handfuls
Tarragon	few sprigs	few sprigs
Dijon Mustard <b>2</b>	1 tsp	2 tsp

⊕ May feature in another recipe

\* Good to have at home

## Allergens

1) Milk | 2) Mustard

**Nutrition per serving:** Calories: 531 kcal | Protein: 41 g | Carbs: 32 g | Fat: 26 g | Saturated Fat: 6 g



**1** Pre-heat the oven to 220 degrees. Chop the potatoes into bite-sized pieces (without peeling). Cut the very top and bottom off the green beans (i.e. ‘top and tail’ them).



**2** Toss the potatoes in 1½ tbsp of olive oil and season with ¼ tsp salt and a few grinds of pepper. Roast on the top shelf of the oven for around 20 mins until crispy.

**3** Place your hand flat on each chicken breast and slice in half from the side.

*Tip: You want to be able to open up the chicken breast like a book (this is called “butterflying”)*

Lay the chicken between 2 sheets of clingfilm. Whack the chicken using the base of a pan or a rolling pin until it is 1cm thick.



**4** Heat 1 tbsp of olive oil in a non-stick pan on medium-high heat. Season the chicken on both sides with a pinch of salt and a few grinds of black pepper. Once the pan is hot cook the chicken for around 4 mins on each side then remove.

*Tip: The chicken is cooked once it is no longer pink in the middle*



**5** Bring 3cm of water to a gentle boil in a saucepan. Put a colander over (but not touching) the water. Place the beans in the colander with a lid or plate on top. Steam the beans for around 3 mins or until soft enough to eat (but with a slight crunch left).

**6** Once the chicken is cooked turn the heat down to medium. Add 3 tbsp of crème fraîche, 2 tbsp of water and the dijon mustard to the pan. Finely chop 1 tsp of tarragon leaves and add to the pan. Bubble gently until you have the consistency of double cream then remove.

**7** Serve your potatoes and beans with the chicken on top and a healthy spoonful of your tarragon sauce.