



# BUTTERFLIED CHICKEN

with New Potatoes and Tarragon Sauce



## HELLO TARRAGON

*This herb has a high level of vitamin C and was used in the past to treat scurvy!*



New Potatoes



Green Beans



Tarragon



Chicken Breast



Crème Fraîche



Dijon Mustard

MEAL BAG



Hands on: **15 mins**  
Total: **30 mins**



**1** of your  
**5** a day



Family Box

This chicken dish is simple but summery. Chicken, new potatoes and green beans, all finished off with a creamy sauce featuring tarragon and Dijon mustard. They're perfect partners but strong flavours so only add a bit at a time, tasting as you go. Remember the golden rule of cookery - you can add but you can't take away! Trust your own palette and we're sure you'll love the result.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, a **Baking Tray**, some **Clingfilm**, a **Rolling Pin**, **Large Saucepan**, **Frying Pan** and **Colander**. Now, let's get cooking!



### 1 PREP THE VEGGIES

Preheat your oven to 220°C. Chop the **new potatoes** into 2cm chunks (no need to peel). Trim the **green beans**. Pick the **tarragon leaves** from their stalks and finely chop (discard the stalks).



### 2 ROAST THE NEW POTATOES

Place the **potatoes** on a lined baking tray and drizzle over a little **oil**. Season with a pinch of **salt** and **pepper**. Toss to coat, then spread out evenly and roast on the top shelf of your oven until crispy, turning halfway through cooking, 20-25 mins..



### 3 BUTTERFLY THE CHICKEN

Lay your **chicken breast** on a chopping board, place your hand flat on top and slice into it from the side (being careful not to slice all the way through). Open it up like a book. Repeat for the other breast(s). You've now butterflied your **chicken**! Lay the **chicken** between two sheets of clingfilm and bash it with a rolling pin or the base of a pan until it is 1cm thick. **IMPORTANT:** Wash your hands and equipment after handling raw meat.



### 4 PAN-FRY THE CHICKEN

Put a large saucepan of water with a pinch of **salt** on to boil for the **green beans**. Heat a splash of **oil** in a frying pan on medium-high heat. Season the **chicken** on both sides with a pinch of **salt** and **pepper**. Once the **oil** is hot, fry the **chicken** for 4-6 mins on each side, then remove the pan from the heat. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



### 5 COOK THE BEANS

Add the **green beans** to the pan of boiling water. Boil until tender, 4-5 mins. Once cooked, drain the **beans** in a colander and set aside.



### 6 MAKE THE SAUCE

Meanwhile, put the frying pan with your **chicken** in back on medium heat. Add the **crème fraîche**, a splash of **water** and the **Dijon mustard**. Bubble gently until you have the consistency of double cream, then remove from the heat and stir in the **tarragon**. **TIP:** If you don't like tarragon, add a little less! Serve the **roasted new potatoes** and the **green beans** with the **chicken** on top and a healthy spoonful of your **tarragon sauce**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
New Potatoes	1 small pack	1 large pack	2 small packs
Green Beans	1 small pack	1 large pack	2 small packs
Tarragon	½ bunch	¾ bunch	1 bunch
Chicken Breast	2	3	4
Crème Fraîche 7)	½ small pouch	¾ small pouch	1 small pouch
Dijon Mustard 9)	1 pot	1½ pots	2 pots

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 446G	PER 100G
Energy (kcal)	403	90
(kJ)	1684	377
Fat (g)	13	3
Sat. Fat (g)	5	1
Carbohydrate (g)	33	7
Sugars (g)	5	1
Protein (g)	45	10
Salt (g)	0.80	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 9) Mustard

**Wash your hands before and after handling ingredients.** Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### THUMBS UP OR THUMBS DOWN?

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