



Chicken in Creamy Tarragon Sauce

with Roasted Potatoes and Spring Onion Peas

24

Calorie Smart 35-40 Minutes • Under 650 Calories



Potatoes



Garlic Clove



Spring Onion



Chicken Fillet



Tarragon



Creme Fraiche



Chicken Stock Paste



Peas

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, baking paper, cling film, saucepan and frying pan.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Garlic Clove**	1	1	2
Spring Onion**	1	2	2
Chicken Fillet**	2	3	4
Tarragon**	½ bunch	¾ bunch	1 bunch
Crema Fraiche** 7)	75g	120g	150g
Water for the Sauce*	75ml	100ml	125ml
Chicken Stock Paste	10g	15g	20g
Peas**	120g	180g	240g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	499g	100g
Energy (kJ/kcal)	2192 /524	439 /105
Fat (g)	16.0	3.2
Sat. Fat (g)	8.5	1.7
Carbohydrate (g)	49.8	10.0
Sugars (g)	7.4	1.5
Protein (g)	48.4	9.7
Salt (g)	1.14	0.23

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Roast the Potatoes

Preheat your oven to 200°C.

Chop the **potatoes** into 2cm chunks (no need to peel).

Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Make the Sauce

While the **chicken** cooks, pick the **tarragon leaves** from their stalks and finely chop (discard the stalks).

Once the **chicken** is cooked, lower the heat to medium and add the **garlic**. Cook for 1 min.

Stir in the **crema fraiche**, **water for the sauce** (see ingredients for amount) and **chicken stock paste**, then bring to a simmer and bubble gently until the **sauce** has thickened, 2-4 mins.

Remove from the heat, then stir through the **tarragon**.

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Flatten the Chicken

Meanwhile, peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onion**.

Sandwich each **chicken breast** between two pieces of baking paper or cling film.

Pop onto a board, then give it a bash with the bottom of a saucepan until it's 1-2cm thick.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.



Cook the Peas

While the **sauce** simmers, heat a drizzle of **oil** in a small saucepan on medium-high heat.

When the pan is hot, add the **spring onion** and cook for 1-2 mins. Add the **peas** and stir-fry until piping hot, 2-3 mins. Season with **salt** and **pepper**.



Get Frying

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **chicken** with **salt** and **pepper**.

Once the pan is hot, lay in the **chicken**. Cook until golden brown, 5-6 mins each side. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Serve

When everything is ready, slice the **chicken** widthways, then transfer to your plates and spoon over the **creamy tarragon sauce**. **TIP:** Add a splash of water and warm through if it's a little thick.

Serve the **roasted potatoes** and **peas** alongside.

Enjoy!