

Creamy Chicken

with Tarragon, Gnocchi and Tenderstem®





HELLO TARRAGON

Tarragon belongs to the family of Daisys. The leaves have a distinct aniseed taste.







Tenderstem® Broccoli





Echalion Shallot



Diced Chicken Breast



Chicken Stock Powder



Crème Fraîche

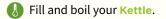
15 mins





Our chefs have been creating recipes for a while now and one thing they've learnt along the way is that creamy chicken and tarragon are a classic flavour combination our customers absolutely love. In this 15-minute recipe, we've combined creamy tarragon chicken with gnocchi and tenderstem broccoli for a warm and comforting recipe that really hits the spot.





🧦 Fill and Boil your Kettle. 📱 😭 Wash the veggies. 📱 🌓 Make sure you've got a Large Saucepan, Colander, Frying Pan and Measuring Jug. Let's start cooking the Creamy Chicken with Tarragon, Gnocchi and Tenderstem*.



PREP TIME

- a) Cut the **tenderstem**® in half lengthways.
- b) Halve, peel and thinly slice the **shallot**.
- c) Pick the tarragon leaves from their stalks and roughly chop (discard the stalks).



COOK THE GNOCCHI

- a) Fill a large saucepan with the boiling water from your kettle and pop onto high heat to bring it back to the boil.
- b) Add the tenderstem®, gnocchi (see ingredient list) and a pinch of salt to the pan.
- c) Boil for 3-4 mins, then drain into a colander.



3 FRY THE CHICKEN

- a) While the gnocchi cooks, heat a splash of
- b) When the pan is hot, add the diced
- c) Stir-fry until brown all over, 5-6 mins.



*Not Included

- oil in a frying pan over medium-high heat.
- chicken, season with salt and pepper.



ALLERGENS

In order of use

Gnocchi 13)

Tarragon *

Tenderstem® Broccoli

Echalion Shallot *

Diced Chicken Breast

Chicken Stock Powder

Crème Fraîche 7) *

* Store in the Fridge

UNCOOKED INGREDIENT

NUTRITION FOR

Energy (kJ/kcal)

Carbohydrate (g)

Fat (g)

Sat. Fat (g)

Sugars (g)

Protein (g)

Salt (g)

7) Milk 13) Gluten



4 ADD THE SHALLOT

- a) Add the shallot to the pan with the chicken. Stir and cook until softened, 3 mins.
- **b)** Continue cooking until the **chicken** done, another 2 mins.
- c) IMPORTANT: The chicken is cooked when it is no longer pink in the middle.



5 FINISH OFF

- a) Once the chicken is cooked and the **shallot** soft, add the **water** (see ingredients for amount).
- b) Stir in the **stock powder** and bring to the boil.
- c) Pour in the crème fraîche and bring back to the boil. Remove from the heat.



6 COMBINE AND SERVE

- a) Add the drained gnocchi and tenderstem® to the chicken and sauce.
- **b)** Sprinkle on the **tarragon** and mix to coat the **gnocchi**.
- c) Season to taste with more salt and pepper.
- d) Share between your bowls and tuck in!

Enjoy!

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.

INGREDIENTS

1 small

pack

½ pack

1

½ bunch

1 small

pack 75ml

¾ pot

1 large

pack

⅔ pack

1

1 bunch

1 medium

pack

1 pot

½ sachet ¾ sachet

PER SERVING

429G

2236 /535

21

10

51

4

43

1.21

Nutrition for uncooked ingredients based on 2 person recipe.

2 small

packs

1 pack

2

1 bunch

1 large

pack

: 1 sachet

1½ pots

PER

100G

521/125

5

2

12

1

10

0.28

THUMBS UP OR THUMBS DOWN?

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The Fresh Farm

Packed in the UK

FSC

Paper from consists som F8C* C008509

