



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



Gnocchi



Echalion Shallot



Tarragon



Diced Chicken Breast



Chicken Stock Powder



Crème Fraîche

MEAL BAG
14

- 15 mins
- 1 of your 5 a day
- Rapid recipe

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.

GET **PREPARED!**

Fill and boil your **Kettle**.

BEFORE YOU START

🔑 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®**.



1 PREP TIME

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



2 COOK THE GNOCCHI

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



3 FRY THE CHICKEN

- While the gnocchi cooks, heat a splash of **oil** in a frying pan over medium-high heat.
- When the pan is hot, add the **diced chicken**, season with **salt** and **pepper**.
- Stir-fry until brown all over, 5-6 mins.



4 ADD THE SHALLOT

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



5 FINISH OFF

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



6 COMBINE AND SERVE

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

Enjoy!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Tenderstem® Broccoli *	1 small pack	1 large pack	2 small packs
Gnocchi 13)	½ pack	¾ pack	1 pack
Echalion Shallot *	1	1	2
Tarragon *	½ bunch	1 bunch	1 bunch
Diced Chicken Breast *	1 small pack	1 medium pack	1 large pack
Water*	75ml	100ml	150ml
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Crème Fraîche 7) *	¾ pot	1 pot	1½ pots

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 429G	PER 100G
Energy (kJ/kcal)	2236 / 535	521 / 125
Fat (g)	21	5
Sat. Fat (g)	10	2
Carbohydrate (g)	51	12
Sugars (g)	4	1
Protein (g)	43	10
Salt (g)	1.21	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 13) Gluten

🧼 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?

Head online or use our app to rate this recipe or get in touch via hello@hellofresh.co.uk



You made this, now show it off! Share your creations with us:

📷 🐦 📺 #HelloFreshSnaps

HelloFresh UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

♻️ YOU CAN RECYCLE ME!

Packed in the UK

HelloFRESH