



PAN-FRIED 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

30 mins

1 of your 5 a day

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 a **Baking Tray, Baking Paper**, some **Clingfilm**, a **Rolling Pin, Frying Pan, Large Saucepan** and **Colander**. Now, let's get cooking!



1 PREP THE VEGGIES

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



2 ROAST THE POTATOES

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



3 PREP THE CHICKEN

Lay a **chicken breast** on a chopping board, place your hand flat on top and slice into it from the side. Open it up like a book. This is called butterflying! Repeat with the remaining 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. Don't forget to wash your hands afterwards!



4 COOK THE CHICKEN

Heat a splash of **olive oil** in a frying pan on medium-high heat. Season the **chicken** on both sides with a pinch of **salt** and **black pepper**. Once the **oil** is hot, cook the **chicken** for 4-6 mins on each side, then remove the pan from the heat. **★ TIP:** *The chicken is cooked when it is no longer pink in the middle.*



5 STEAM THE BEANS

Bring a large saucepan of water to the boil with a pinch of **salt** and add the **green beans**. Boil until tender, 4-5 mins. Drain the **beans** in a colander and set aside.



6 MAKE THE SAUCE

Put the frying pan with your **chicken** 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 your **potatoes** and **beans** with the **chicken** on top and a healthy spoonful of your **tarragon sauce**. **Enjoy!**

2 PEOPLE INGREDIENTS

New Potatoes, chopped	1 pack
Green Beans, trimmed	1 pack
Tarragon, chopped	½ bunch
Chicken Breast, butterflied	2
Crème Fraîche ⁷⁾	½ small pot
Dijon Mustard ¹⁰⁾	1 tsp

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	410	93
(kJ)	1730	391
Fat (g)	13	3
Sat. Fat (g)	7	2
Carbohydrate (g)	32	7
Sugars (g)	5	1
Protein (g)	43	10
Salt (g)	0.79	0.18

ALLERGENS

⁷⁾Milk ¹⁰⁾Mustard

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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