



PAN-FRIED CHICKEN

with Roasted 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

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



1 PREP THE VEGGIES

Preheat your oven to 220°C. Chop the **new potatoes** into 2cm bite-sized pieces (no need to peel). Trim the stalky tops from 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 **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 BUTTERFLY 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 PAN-FRY THE CHICKEN

Bring a large saucepan of water with a pinch of **salt** to the boil for the green beans. 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, fry 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 COOK THE BEANS

Add the **green beans** to your 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 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 | 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.

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

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