



Pan-Fried Chicken with New Potatoes and Tarragon Sauce

Every week we painstakingly go through the results of your recipe feedback to make sure we're on track to make tastier meals. Every once in a while we see a sharp spike in the scores, and until recently we couldn't put our finger on the reason. Then we realised: Tarragon. It seems this little wonder herb perks up dinner time no end. Expect to see more on the menu soon!

tags: Healthy

Preparation Time	30 minutes
Difficulty level	Level 2

Ingredients / serving 4 people

	2 pack(s) New Potatoes		2 pack(s) Green Beans
	1 pot(s) Crème Fraîche (Contains Milk)		2 tsp Dijon Mustard (Contains Mustard)
	4 sprig(s) Tarragon		4 unit(s) Chicken Breast

Nutritional information

/ per serving

Energy (kJ)	1833 kJ
Energy (kcal)	438 kcal
Fat	17 g
of which saturates	7 g
Carbohydrate	35 g
of which sugars	4 g
Protein	38 g
Salt	1 g

Utensils

- Knife
- Baking Tray
- Pan
- Pot

Instructions



1 Pre-heat your oven to 220 degrees. Chop the potatoes into bite-sized pieces (without peeling). Cut the very top and bottom off the green beans (i.e. 'top and tail' them).

2 Toss your potatoes in a splash of olive oil and season with a pinch of salt and a few grinds of pepper. Place on a baking tray and roast on the top shelf of your oven for around 20 mins until crispy.

3 Place your hand flat on each chicken breast and slice in half from the side. Tip: You want to be able to open up the chicken breast like a book (this is called 'butterflying'). Lay your chicken between two sheets of clingfilm. Whack the chicken using the base of a pan or a rolling pin until it is 1cm thick.

4 Heat a splash of olive oil in a non-stick frying pan on medium-high heat. Season your chicken on both sides with a pinch of salt and a few grinds of black pepper. Once the pan is hot, cook your chicken for around 4 mins on each side, then remove the pan from the heat. Tip: The chicken is cooked once it is no longer pink in the middle.

5 Bring a small amount of water to a gentle boil in a saucepan. Put a colander over (but not touching) the water. Place your beans in the colander with a lid or plate on top. Steam the beans for around 3 mins or until soft enough to eat (but with a slight crunch left).

6 Put the frying pan with the cooked chicken back on medium heat. Add the crème fraîche, a splash of water and the dijon mustard to the pan. Finely chop the tarragon leaves and add to the pan. Tip: If you don't like tarragon, add a little less! Bubble gently until you have the consistency of double cream, then remove from the heat.

7 Serve your potatoes and beans with your chicken on top and a healthy spoonful of your tarragon sauce.