












Chicken in Creamy Bacon and Tarragon Sauce with Roast Potatoes and Mustardy Mangetout & Rocket Salad

Gastropub 40-45 Minutes • 1 of your 5 a day



-  Potatoes
-  Tarragon
-  Mangetout
-  Grated Hard Italian Style Cheese
-  Chicken Breast
-  Bacon Lardons
-  Creme Fraiche
-  Chicken Stock Paste
-  Wholegrain Mustard
-  Red Wine Vinegar
-  Pea Shoots

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, baking tray, saucepan, colander, frying pan, bowl and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Tarragon**	½ bunch	1 bunch	1 bunch
Mangetout**	150g	300g	300g
Grated Hard Italian Style Cheese** (7) 8)	20g	40g	40g
Chicken Breast**	2	3	4
Bacon Lardons**	60g	90g	120g
Creme Fraiche** (7)	75g	120g	150g
Chicken Stock Paste	5g	7g	10g
Wholegrain Mustard (9)	17g	25g	34g
Red Wine Vinegar (14)	12g	24g	24g
Pea Shoots**	40g	80g	80g
Pantry	2P	3P	4P
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	100ml	150ml	200ml
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	586g 2909 / 695	100g 497 / 119
Fat (g)	30.5	5.2
Sat. Fat (g)	12.9	2.2
Carbohydrate (g)	52.3	8.9
Sugars (g)	8.4	1.4
Protein (g)	57.8	9.9
Salt (g)	2.4	0.41

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 9) Mustard 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepping

Preheat your oven to 220°C/200°C fan/gas mark 7.

Fill and boil your kettle. Pour enough **oil** into a deep baking tray to cover the bottom and pop into the oven.

Pour the **boiled water** into a large saucepan on high heat with ½ **tsp salt**. Peel and chop the **potatoes** into 3cm chunks.

Boil the **potatoes** for 5-6 mins or until the edges are soft.

Meanwhile, pick the **tarragon leaves** from their stalks and roughly chop (discard the stalks). Halve the **mangetout** widthways.



Make the Creamy Sauce

While the **chicken** cooks, pop the (now empty) frying pan on medium-high heat with a drizzle of **oil** if needed (no need to clean).

Once hot, add the **bacon lardons**. Stir-fry until golden, 4-5 mins. **IMPORTANT: Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.**

Stir in the **creme fraiche**, **tarragon**, **chicken stock paste** (see ingredients for amount), **water for the sauce** (see pantry for amount) and **half** the **wholegrain mustard**.

Simmer until the **sauce** has thickened slightly, 2-3 mins, then remove from the heat.



Roast the Potatoes

Once the **potatoes** are ready, drain in a colander and pop back into the pan.

Sprinkle on the **flour** (see pantry for amount) and **hard Italian style cheese**. Shake to fluff up the **potatoes**, then carefully add them to the hot baking tray, turning in the **oil**.

Season with **salt**, then roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



Dress to Impress

While the **sauce** simmers, in a large bowl, combine the **red wine vinegar**, remaining **mustard**, **sugar** and **olive oil for the dressing** (see pantry for both amounts).

Add the **mangetout** to your **dressing**, season with **salt** and **pepper**, then mix together.

When cooked, remove the **chicken** from your oven, cover with foil and rest for a couple of mins.

When everything's nearly ready, add the **pea shoots** to the bowl of **dressing** and toss to coat.



Cook the Chicken

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **chicken** with **salt** and **pepper**.

Once hot, lay the **chicken** into the pan and cook until browned, 5 mins each side.

Once browned, transfer to a baking tray and roast on the top shelf of your oven until cooked through, 15-20 mins. **IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.**



Finish and Serve

Once the **chicken** has rested, cut widthways into 2cm thick slices and transfer to your plates.

Taste the **creamy sauce** and season with **salt** and **pepper** if needed, adding a splash of **water** if it's a little too thick.

Serve the **chicken** with the **roast potatoes** and **salad** alongside. Spoon the **creamy sauce** over the **chicken** to finish.

Enjoy!