



Chicken in Creamy Tarragon Sauce with Roasted Potatoes and Spring Onion Peas

Classic 40-45 Minutes

8



Potatoes



Garlic Clove



Spring Onion



Tarragon



Chicken Breast



Creme Fraiche



Chicken Stock Paste



Peas

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Baking tray, garlic press, baking paper, saucepan and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	1	1	2
Spring Onion**	1	2	2
Tarragon**	½ bunches	¾ bunches	1 bunch
Chicken Breast**	2	3	4
Creme Fraiche** 7)	75g	120g	150g
Chicken Stock			
Paste	10g	15g	20g
Peas**	120g	180g	240g

Pantry	2P	3P	4P
Water for the Sauce*	75ml	100ml	125ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2199 /526	439 /105
Fat (g)	16.9	3.4
Sat. Fat (g)	8.6	1.7
Carbohydrate (g)	50.7	10.1
Sugars (g)	7.5	1.5
Protein (g)	49.2	9.8
Salt (g)	1.54	0.31

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

Allergens

7) Milk

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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Roast the Potatoes

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

Chop the **potatoes** into 2cm chunks (no need to peel). Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



Make your Tarragon Sauce

Pop the (now empty) frying pan back on medium heat with a drizzle of **oil** if needed. Add the **garlic** and stir-fry for 1 min.

Stir in the **creme fraiche**, **chicken stock paste** and **water for the sauce** (see pantry for amount), then bring to a simmer and bubble gently until the **sauce** has thickened, 2-3 mins.

Remove from the heat, then stir through the **chopped tarragon**.



Flatten the Chicken

Meanwhile, peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onion**.

Pick the **tarragon** leaves from their stalks and finely chop (see ingredients for amount, discard the stalks).

Sandwich each **chicken breast** between two pieces of baking paper or cling film.

Pop onto a board, then give it a bash with the bottom of a saucepan until it's 1-2cm thick.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.



Peas Please

While the **sauce** simmers, heat a drizzle of **oil** in a small saucepan on medium-high heat.

Once hot, add the **spring onion** and cook for 1-2 mins.

Add the **peas** and stir-fry until piping hot, 2-3 mins. Season with **salt** and **pepper**.



Get Frying

When the **potatoes** are about halfway through cooking, heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **chicken** with **salt** and **pepper**.

Once the pan is hot, lay in the **chicken**. Cook until browned, 3-4 mins each side.

Transfer the **chicken** to a baking tray and roast on the top shelf of your oven until cooked, 5-6 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



Finish and Serve

When everything's ready, thinly slice the **chicken** widthways and transfer to your plates.

Reheat the **tarragon sauce** if necessary and add a splash of **water** if it's a little thick, then spoon over the **chicken**.

Serve the **roasted potatoes** and **spring onion peas** alongside.

Enjoy!