







More Than Food  
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on     You'll be entered into our weekly photo contest!

## 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!



30 mins



1 of your  
5 a day



healthy



New Potatoes  
(1 pack)



Green Beans  
(1 pack)



Chicken Breast  
(2)



Crème Fraîche  
(½ pot)



Dijon Mustard  
(1 tsp)



Tarragon  
(2 sprigs)


## 2 PEOPLE INGREDIENTS

- New Potatoes, chopped
- Green Beans
- Chicken Breast
- Crème Fraîche

1 pack  
1 pack  
2  
½ pot

- Dijon Mustard
- Tarragon

1 tsp  
2 sprigs

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Tarragon is the essential herb in a classic béarnaise sauce.

**Allergens:** Milk, Mustard.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	438 kcal / 1839 kJ	17 g	7 g	35 g	4 g	38 g	1 g
Per 100g	134 kcal / 564 kJ	5 g	2 g	11 g	1 g	12 g	0 g



**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**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!