



CREAMY TARRAGON CHICKEN

with Roasted Red Potatoes and Green Beans

PRONTO



HELLO TARRAGON

This herb used in French cuisine has a subtle licorice flavour



Chicken Breasts



Baby Red Potatoes



Tarragon



Green Beans



Sour Cream



Dijon Mustard



Chicken Broth Concentrate

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 924

BUST OUT

- Baking Sheet
- Measuring Spoons
- Large Non-Stick Pan
- Measuring Cups
- Paper Towel
- Whisk
- Butter **2** (1 tbsp | 2 tbsp)
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Chicken Breasts 340 g | 680 g
- Baby Red Potatoes 340 g | 680 g
- Tarragon 10 g | 20 g
- Green Beans 170 g | 340 g
- Sour Cream **2** 6 tbsp | 12 tbsp
- Dijon Mustard **6,9** 1 ¼ tsp | 2 ½ tsp
- Chicken Broth Concentrate 1 | 2

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

Preheat the oven to **450°F** (to roast the potatoes). Start prepping when the oven comes up to temperature!



1 ROAST POTATOES Wash and dry all produce.* Cut the **potatoes** into 1-inch pieces. On a baking sheet, toss the **potatoes** with **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Roast in the middle of the oven, until the **potatoes** are golden-brown, 25-28 min.



2 PREP Meanwhile, roughly chop the **tarragon leaves**. Cut the stems off the **beans**, if needed. Pat the **chicken** dry with paper towels. Carefully slice into the centre of each **chicken** – parallel to the cutting board – leaving 1-inch intact on the other end. Open the **chicken** up like a book and season with **salt** and **pepper**.



3 COOK GREEN BEANS Heat a large non-stick pan over medium-high heat. When the pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then the **green beans**. Cook, stirring occasionally, until the **beans** are tender-crisp, 5-6 min. Season with **salt** and **pepper**. Transfer to a plate and cover to keep warm. Set aside.



4 COOK CHICKEN Reduce the heat to medium. Add **1 tbsp oil** (dbl for 4 ppl) to the same pan, then the **chicken**. Cook until golden and cooked through, 4-5 min per side. (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.**) (**NOTE:** Cook in two batches for 4 ppl, using 1 tbsp oil for each batch.) Transfer the **chicken** to the plate with the **green beans** and cover to keep warm.



5 MAKE SAUCE Add **1 tbsp butter** (dbl for 4 ppl), **mustard**, **broth concentrate(s)**, **tarragon** and **½ cup water** (dbl for 4 ppl) to the same pan. Whisk together, scraping up any browned bits on the bottom of the pan, 1-2 min. Remove the pan from the heat and whisk in the **sour cream**. Season with **salt** and **pepper**.



6 FINISH AND SERVE Divide the **potatoes**, **green beans** and **chicken** between plates. Drizzle the **tarragon sauce** over the **chicken**.

SAUCY!

A super simple sauce ties this dish together.

