



CRISPY ROAST CHICKEN

with New Potatoes and Leek & Tarragon Sauce



HELLO TARRAGON

This herb's name comes from the Persian word 'turkhum' meaning 'little dragon' because of its snake-like roots.



Skin-On Chicken Breast



New Potatoes



Leek



Tarragon



Chicken Stock Powder



Crème Fraîche

MEAL BAG
20

25 mins

1 of your 5 a day

Our chefs have been creating recipes for a while now and one thing they've learnt along the way is that chicken, tarragon and cream are a flavour combination that our customers absolutely love. And because time should never stand in the way of a delicious meal, our chefs have created a superquick recipe that contains all the flavours you can't get enough of! We'll send them your compliments.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Frying Pan**, **Measuring Jug**, **Sieve**, **Coarse Grater**, **Fine Grater**, **Ovenproof Dish** and some **Baking Paper**. Now, let's get cooking!



1 ROAST THE CHICKEN

Preheat your oven to 220°C. Fill and boil your kettle. Put the **chicken breasts**, skin-side up, on a baking tray and drizzle with **oil**. Season with **salt** and **pepper** then roast on the top shelf of your oven until golden and cooked through, about 20-25 mins. **! IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*



2 COOK THE POTATOES

Chop the **new potatoes** into 2cm chunks (no need to peel) and pop into a large saucepan with a pinch of **salt**. Pour on the boiling **water** from your kettle and put the pan on high heat. Boil until tender, then drain into a colander, 12-15 mins.



3 PREP THE VEGGIES

Meanwhile, trim the root and dark green leafy part from the **leek**. Halve lengthways then slice widthways. Pick the **tarragon leaves** from their stalks and roughly chop (discard the stalks).



4 FRY THE LEEKS

Heat a splash of **oil** in a frying pan on medium heat. Add the **leeks** and cook, stirring, until soft, 5-6 mins. Add the **water** (see ingredients for amount) and **stock powder**. Bring to the boil, stir to dissolve the **stock powder**, then reduce the heat to low.



5 FINISH THE SAUCE

Stir the **crème fraîche** and **half** the chopped **tarragon** into the **leek mixture**. Remove from the heat. Season to taste with **salt** and **pepper**.



6 SERVE

Slice the **chicken** and serve with the **potatoes** alongside. Top with the **leek** and **tarragon sauce** and finish with a sprinkling of remaining **tarragon**.

Enjoy!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Skin-On Chicken Breast *	2	3	4
New Potatoes *	1 small pack	1 large pack	2 small packs
Leek *	2	3	4
Tarragon *	½ bunch	¾ bunch	1 bunch
Water*	50ml	75ml	100ml
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Crème Fraîche 7) *	¾ pouch	1 pouch	1½ pouches

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 560G	PER 100G
Energy (kJ/kcal)	2301 / 550	411 / 98
Fat (g)	31	6
Sat. Fat (g)	12	2
Carbohydrate (g)	38	7
Sugars (g)	8	1
Protein (g)	40	7
Salt (g)	0.65	0.12

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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