



TARRAGON CHICKEN

with Crushed Potatoes and Redcurrant Sauce



HELLO TARRAGON

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



Potato



Tarragon



Garlic Clove



Spring Onion



Chicken Breast



Sugar Snap Peas



Redcurrant Jelly

MEAL BAG 5

35 mins

2 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 crushed potatoes are a flavour combination that our customers absolutely love. Butterflying is a really useful technique to create an even thickness throughout a piece of meat so that it cooks quickly and evenly - perfect for those evenings when you're a little short on time.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Fine Grater** (or **Garlic Press**), **Chopping Board**, **Frying Pan** (with a **Lid**), a **Baking Tray**, **Colander**, **Potato Masher**, some **Foil** and a **Measuring Jug**. Now, let's get cooking!



1 DO THE PREP

Preheat your oven to 200°C. Put a large saucepan of water with a pinch of salt on to boil. Chop the **potato** (no need to peel) into 2cm chunks and add to the saucepan. Boil for 15-20 mins. **★ TIP:** *The potato is done when you can easily slip a knife through.* Meanwhile, pick the **tarragon** leaves from their stalks and roughly chop (discard the stalks). Peel and grate the **garlic** (or use a garlic press). Trim the **spring onion** and thinly slice.



4 CRUSH THE POTATO

Once the **potato** is cooked, drain in a colander and leave the steam to evaporate for a couple of minutes, then tip back into the pan (off the heat). Mix in the **spring onion** and a knob of **butter** (if you have some). Crush the **potato** gently with a potato masher or fork (don't mash completely), then season to taste with **salt** and **pepper**. Keep warm with the lid on.



2 BUTTERFLY THE CHICKEN

Lay your **chicken breast** on the chopping board, place your hand flat on top and slice into it from the side (being careful not to slice all the way through). Open it up like a book. Repeat for the other **breast(s)**. **❗ IMPORTANT:** *Remember to wash your hands and equipment after handling raw meat.*



5 FRY THE SUGAR SNAPS

When the **chicken** is cooked, transfer to a clean chopping board covered in foil. Heat the frying pan you used earlier over high heat and add a splash of **oil** if it is dry. Add the **sugar snap peas** and stir-fry for 2 mins before adding the **garlic**. Add a splash of **water**, cover with a lid and steam-fry for 2 mins. Season with **salt** and **pepper**, then divide between your plates.



3 ROAST THE CHICKEN

Heat a splash of **oil** in a frying pan over high heat. Season the **chicken** with **salt** and **pepper**. Once the **oil** is hot, lay it in your pan and brown for 2 mins on each side. Transfer to a baking tray, sprinkle over **half** the **tarragon** (add less **tarragon** if you're not keen). Don't wash your pan yet. Roast the **chicken** on the top shelf of your oven, 12-14 mins. **❗ IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*



6 FINISH AND SERVE!

Lower the heat to medium and add the **redcurrant jelly** and **water** (see ingredients for amount) to the now empty frying pan. Stir to melt the **jelly**. Let it simmer gently and reduce for 2-3 mins, it should look nice and glossy. Stir through the remaining **tarragon**. Serve the **crushed potatoes** alongside the **sugar snaps** and place a **chicken breast** on top. Finish by drizzling over the **redcurrant sauce**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato	1 small pack	1 large pack	2 small packs
Tarragon	½ bunch	¾ bunch	1 bunch
Garlic Clove	1	1	2
Spring Onion	2	3	4
Chicken Breast	2	3	4
Sugar Snap Peas	1 pack	2 packs	2 packs
Redcurrant Jelly	2 pots	3 pots	4 pots
Water*	50ml	75ml	100ml

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 509G	PER 100G
Energy (kcal)	503	99
(kJ)	2105	414
Fat (g)	6	1
Sat. Fat (g)	2	1
Carbohydrate (g)	68	13
Sugars (g)	18	4
Protein (g)	49	10
Salt (g)	0.24	0.05

Nutrition for uncooked ingredients based on 2 person recipe.

🧼 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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