



CREAMY TARRAGON BAKED CHICKEN

with Potato Wedges & Roasted Carrots



Add tarragon to a cream based sauce



Potato



Carrot



Tarragon



Green Beans



Chicken Breast



Thickened Cream



Dijon Mustard

Pantry Staples: Olive Oil

Hands-on: **25 mins**
Ready in: **40 mins**

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

Tarragon might not get used in Aussie kitchens as much as basil or parsley, but we think it's the secret to one of the best sauces you'll ever taste! It's the perfect finishing touch to tasty roasted chicken and veggies.

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **large frying pan** • **medium baking dish**



1 BAKE THE POTATO & CARROT

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm wedges. Slice the **carrot** (unpeeled) into 1cm discs. Place the potato and carrot on an oven tray lined with baking paper. **Drizzle** with **olive oil**, the **salt** and a **pinch of pepper**. Toss to coat, arrange in a single layer and bake for **25-30 minutes**, or until tender. **TIP:** *Cut the veggies to the correct size to ensure they cook in the allocated time.*



2 PREP THE VEG

While the potatoes and carrots are baking, pick the **tarragon** leaves and roughly chop until you have **2 tbs**. Trim the ends of the **green beans** and chop in half.



3 BROWN THE CHICKEN

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Season the **chicken breast** with a **pinch of salt and pepper** on both sides and cook for **2 minutes** on each side, or until lightly browned. Transfer the chicken to a medium baking dish (the chicken will finish cooking in step 5).



4 MAKE THE TARRAGON SAUCE

Return the frying pan to a medium heat and add the **thickened cream**, **Dijon mustard** and **tarragon**. Bring to a simmer and cook, stirring, for **2-3 minutes**, or until reduced slightly. **TIP:** *Dijon mustard and tarragon can be strong flavours - use less of each if you or the kids aren't fans!*



5 FINISH THE CHICKEN

Add the **green beans** to the baking dish with the chicken and pour over the **tarragon sauce**. Cover with foil and bake for **9-13 minutes**, or until the chicken is cooked through. **TIP:** *The chicken is cooked when it is no longer pink inside.*



6 SERVE UP

Divide the chicken, potato wedges and carrots between plates. Spoon over the tarragon sauce and season to taste with a pinch of salt and pepper.

TIP: *For kids, follow our serving suggestions in the main photo.*

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
potato	4
carrot	3
tarragon	1 bunch
green beans	1 bag (200 g)
salt*	½ tsp
chicken breast	1 packet
thickened cream	1 tub (300 ml)
Dijon mustard	2 tubs (80 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2830kJ (676Cal)	451kJ (108Cal)
Protein (g)	46.9g	7.5g
Fat, total (g)	36.8g	5.9g
- saturated (g)	20.3g	3.2g
Carbohydrate (g)	35.7g	5.7g
- sugars (g)	9.6g	1.5g
Sodium (g)	639mg	102mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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ENJOY!