



CREAMY TARRAGON BAKED CHICKEN

with Potato Wedges & Roasted Carrots



Add tarragon to a cream based sauce



Potato



Carrot



Tarragon



Green Beans



Chicken Breast



Pure Cream



Dijon Mustard

Pantry Staples: Olive Oil

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

Eat me early

Tarragon might not get used in Kiwi 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 **3 tbs**. Trim the ends of the **green beans** and chop in half.



3 BROWN THE CHICKEN

When the potato and carrot have **15 minutes** cook time remaining, heat a **drizzle of olive oil** in a large frying pan 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 **pure cream**, **Dijon mustard** and **tarragon**. Bring to a simmer and cook, stirring, until reduced slightly, **2-3 minutes**. Season to taste with **pepper**. **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

Pour the **tarragon sauce** over the **chicken** and cover with foil. Bake until the chicken is cooked through, **10-15 minutes**. **TIP:** *The chicken is cooked when it is no longer pink inside.* While the chicken is cooking, wipe out the frying pan and return to a medium-high heat. Add the **green beans** and **water** and cook for **5-6 minutes** or until tender.



6 SERVE UP

Divide the chicken, potato wedges, carrots and green beans 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
salt*	½ tsp
tarragon	1 bunch
green beans	1 bag (200 g)
chicken breast	1 packet
pure cream	1 bottle (300 ml)
Dijon mustard	2 tubs (80 g)
water*	¼ cup

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2960kJ (707Cal)	472kJ (113Cal)
Protein (g)	46.5g	7.4g
Fat, total (g)	40.5g	6.5g
- saturated (g)	21.1g	3.4g
Carbohydrate (g)	35.3g	5.6g
- sugars (g)	9.2g	1.5g
Sodium (g)	643mg	103mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

ENJOY!

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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