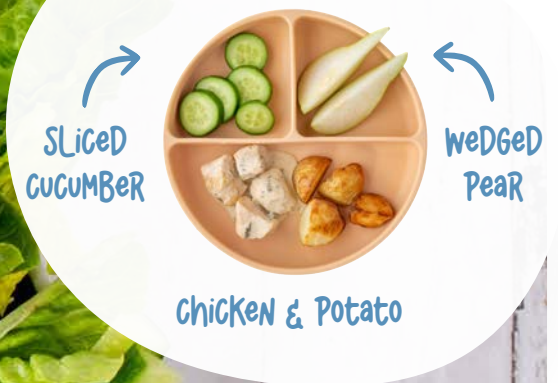


for the
little ones

CREAMY tARRAGON chicken

Golden nuggets of chicken breast served in a creamy tarragon gravy alongside crispy baby potatoes and side salad.



30 Minutes



2 Servings



Chicken

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FROM YOUR BOX

BABY POTATOES	400g
DICED CHICKEN BREAST	300g
TARRAGON HERB MIX	1 packet
SOUR CREAM	1 tub
GEM LETTUCE	3-pack
LEBANESE CUCUMBER	1
PEAR	1

FROM YOUR PANTRY

oil for cooking, salt, soy sauce

COOKING TOOLS

oven tray, frypan

You can thread the chicken onto skewers, rub with oil and cook on the BBQ. Make the sauce to serve on the side, omitting the water.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

Tarragon herb mix: dried tarragon, dried rosemary and garlic powder.



1. Roast the Potatoes

Set oven to 220°C.

Quarter (or wedge) baby potatoes. Toss on a lined oven tray with **oil and salt**. Roast for 25 minutes or until golden and tender.

tip Use a herb to flavour the potatoes such as fresh or dried rosemary.



4. Prepare the Salad

Trim and rinse lettuce, cut into quarters. Slice cucumber and pear. Arrange in a serving bowl.

tip Chop lettuce and toss everything into a salad if you like! Drizzle with your favourite dressing.



2. Sear the Chicken

Heat a frypan with **oil** over high heat. Add diced chicken to cook for 3 minutes or until golden. Add tarragon herb mix.

tip Allow chicken to brown on one side before stirring in the pan.



5. Finish and Serve

Serve chicken and tarragon gravy with crispy potatoes and side salad.



3. Make the Sauce & Simmer

Lower the temperature to medium and stir in sour cream and **1/4 cup water**. Simmer un-covered for 6-8 minutes or until chicken is cooked through. Season with **1-2 tsp soy sauce**.