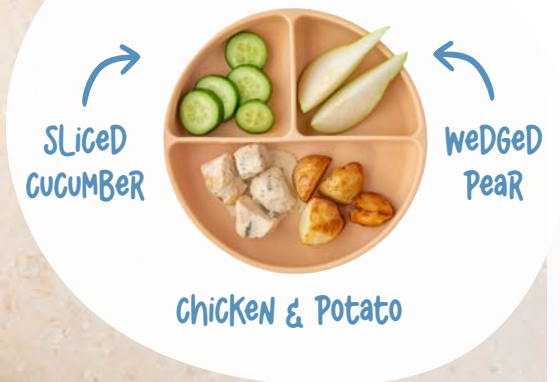




for the
little ones



CREAMY tARRAGON chicken

Tender rosemary chicken with crunchy potatoes, fresh salad and a creamy tarragon sauce for dipping or pouring.



35 Minutes



2 Servings



Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	19g	38g

FROM YOUR BOX

BABY POTATOES	400g
GEM LETTUCE	3-pack
LEBANESE CUCUMBER	1
PEAR	1
CHICKEN SCHNITZELS	300g
ROSEMARY	1 sprig
GARLIC CLOVE	1
TARRAGON HERB MIX	1 packet
SOUR CREAM	1 tub

FROM YOUR PANTRY

oil/butter for cooking, salt, soy sauce

COOKING TOOLS

oven tray, large frypan

Slice the chicken and add to the sauce for the last 1-2 minutes to soak up the creamy tarragon flavour and stay juicy.

Before you start cooking!

Wash your veggies and set out all ingredients, 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 25-30 minutes or until golden and crispy.

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



4. GRILL the chicken

Heat the BBQ or a frypan over medium-high heat. Cook **chicken** for 3-4 minutes each side, until golden and cooked through. Set aside to rest.



2. 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.



5. Make the Sauce

Melt **1 tbsp oil/butter** in a frypan over medium heat. Add **crushed garlic, tarragon herb mix, sour cream, 1-2 tbsp water** and **1/2-1 tsp soy sauce**. Simmer for 2-3 minutes, stirring, until slightly thickened. Season with **salt and pepper**.



3. Season the chicken

Toss **chicken schnitzels** with **oil**, finely chopped **fresh rosemary, salt and pepper**.



6. FINISH AND SERVE

Thickly slice the **grilled chicken**. Serve with **crispy potatoes, sauce** and **side salad**.

tip Add any resting juices from the chicken into the sauce for extra flavour.