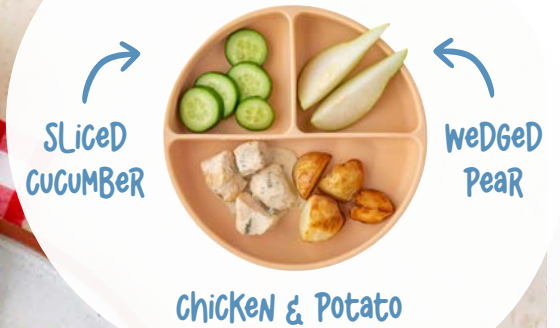




for the
little ones



CREAMY tARRAGON chicken

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



35 Minutes



4/6 Servings



Chicken

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	42g/43g	17g/19g	38g/39g

FROM YOUR BOX

	4 PERSON	6 PERSON
BABY POTATOES	800g	1.2kg
GEM LETTUCE	3-pack	3-pack
LEBANESE CUCUMBER	1	2
PEAR	1	2
CHICKEN SCHNITZELS	600g	600g + 300g
ROSEMARY SPRIGS	1	2
GARLIC CLOVE	1	2
TARRAGON HERB MIX	1 packet	2 packets
SOUR CREAM	1 tub	2 tubs

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.

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.



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 and toss everything into a salad, dress to your liking if preferred.



5. Make the Sauce

Melt **1 tbsp oil/butter** in a pan 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** to taste.

6P - use 1-2 tsp soy sauce.



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.