



Product Spotlight: Fennel

You can eat fennel raw or cooked;
it's delicious shaved into fresh
salads, braised in stews, or roasted.



French Chicken with Mustard Vegetables

Skin-on chicken breast roasted to crispy skin perfection served over French vegetables cooked in a luscious mustard sauce with baby potatoes.



30 minutes



2 servings



Chicken

21 July 2023

Slow it down!

Add the vegetables (including baby potatoes) to a slow cooker and leave to cook while you go about your busy day! Serve with roasted chicken or remove skin from chicken and add to slow cooker.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	6g	62g

FROM YOUR BOX

CHICKEN BREAST FILLET (SKIN ON)	300g
BABY POTATOES	400g
FENNEL	1 bulb
CARROT	1
GARLIC CLOVE	1
CHICKEN STOCK PASTE	1 jar
BAVARIAN MUSTARD	1 jar
GREEN BEANS	150g

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried tarragon, cornflour

KEY UTENSILS

large frypan, saucepan, oven tray

NOTES

Substitute dried tarragon with dried thyme, rosemary, dill, sage, or marjoram. You could also use fresh thyme, rosemary, or sage if you have some in your fridge or garden!

Boil kettle and cover potatoes with hot water to speed up the cooking process.

For a decadent switch, skip the cornflour and stir through cream, crème fraîche or cream cheese at step 4.



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1. ROAST THE CHICKEN

Set oven to 220°C.

Slash chicken breast in 3-4 places. Coat with **oil**, **1 tsp tarragon** (see notes), **salt and pepper**. Add to a lined oven tray and roast for 25-30 minutes until chicken is cooked through.



2. BOIL THE POTATOES

Halve potatoes. Place in a saucepan and cover with water (see notes). Cover and bring to a boil. Simmer for 10-15 minutes until tender. Drain potatoes (see step 5).



3. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Slice fennel (reserve any fronds for garnish), crescent carrot and crush garlic clove. Add to pan as you go. Sauté for 5 minutes until fennel begins to soften.



4. SIMMER THE VEGETABLES

Add **750 ml water**, **2 tbsp cornflour**, chicken stock and mustard to a jug (see notes). Whisk to combine. Add to pan and mix to combine. Cover and bring to a simmer. Cook for 15 minutes.



5. ADD THE GREEN BEANS

Trim green beans and cut into thirds. Add to pan and cook for 2-3 minutes until tender. Add drained potatoes. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Slice the chicken.

Divide vegetables among shallow bowls. Top with sliced chicken and garnish with any reserved fennel fronds.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

