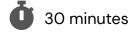




Tarragon Chicken

with Crushed Potatoes

This easy recipe has satisfying crushed potatoes, tarragon chicken scallopini, and a homemade mushroom-tarragon sauce.







Veggie alternatives

If preferred, you can roast the potatoes, broccoli and carrot in the oven. Or, you can use them to make a colourful veggie mash - simply boil, drain, mash, and season to taste with salt, pepper, oil/ butter and chives. Add a splash of cooking water, milk, sour cream or cream to soften if desired.

FROM YOUR BOX

MEDIUM POTATOES	400g
CHIVES	1/3 bunch *
CHICKEN TENDERLOINS	300g
BROWN ONION	1/2 *
BUTTON MUSHROOMS	1 packet (100g)
CARROT	1
BROCCOLI	1/2 *

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, flour (cornflour, rice or wheat flour), dried tarragon (see notes), soy sauce

KEY UTENSILS

large frypan, 2 saucepans

NOTES

If preferred, don't mix the chives into the potatoes but use them as garnish.

Not a fan of tarragon? Replace it with Italian herbs, rosemary, thyme or even crushed garlic throughout the recipe.



1. COOK THE POTATOES

Quarter potatoes, place in a saucepan and cover with water. Bring to the boil and simmer for 10–12 minutes or until tender. Drain and return to saucepan. Crush lightly and toss with 1/2 tbsp oil/butter and sliced chives (see notes). Season with salt and pepper.



2. COOK THE CHICKEN

Heat a frypan over medium-high heat. Rub chicken with 1/2 tsp tarragon and oil. Cook for 3-4 minutes each side, remove to a plate and keep pan.



3. COOK THE MUSHROOMS

Reheat pan with 1/2 tbsp oil/butter over medium-high heat. Slice and add onion, cook for 2-3 minutes. Slice and add mushrooms, cook for 3-4 minutes.



4. MAKE THE SAUCE

Mix together 1/2 tsp tarragon, 11/2 tsp flour, 1 tsp soy sauce and 1 cup water. Pour into frypan with mushrooms and bring to a simmer to thicken. Return chicken and any resting juices. Season to taste with salt and pepper.



5. COOK THE VEGETABLES

Bring **1 cup water** to boil in a saucepan or frypan. Slice and add carrot. Cut broccoli into florets and add to pan. Cook for 2-3 minutes until just tender. Drain.



6. FINISH AND PLATE

Serve potatoes and vegetables with chicken. Pour over mushroom-tarragon sauce to taste.

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



