



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Tarragon

Tarragon is a very strong flavoured herb, even when dried. In the past, it was used to prevent scurvy as its leaves are rich in iodine, mineral salts and vitamins A and C.



2 Tarragon Chicken with Potato Crush

Creamy, cheesy tarragon sauce spooned over pan fried chicken. A side of lightly crushed baby potatoes and fresh pear salad.

 30 minutes

 2 servings

 Chicken

8 October 2021

Flavour change?

You can easily change the flavour of this dish if you are not a fan of tarragon. Swap it out for rosemary, oregano or thyme.

FROM YOUR BOX

BABY POTATOES	400g
CHICKEN BREAST FILLET	300g
RED CAPSICUM	1/2 *
PEAR	1
SPINACH AND ROCKET	1 bag (60g)
SPRING ONIONS	1/4 bunch *
CREAM CHEESE	1/2 tub (70g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, oil/butter for cooking, salt, pepper, dried tarragon, vinegar (red wine or other), soy sauce

KEY UTENSILS

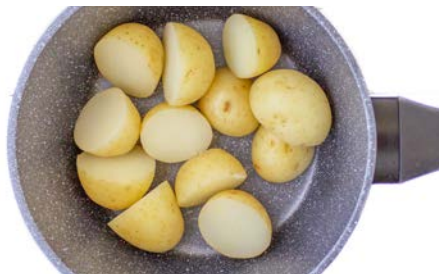
frypan, saucepan

NOTES

If your frypan has a lid you can cover the chicken as it cooks to speed up the cooking time.

You can halve the amount of tarragon in the sauce for a milder flavour.

Add any resting juices from the chicken into the sauce.



1. COOK THE POTATOES

Place potatoes in a saucepan (halve any large ones) and cover with water. Bring to the boil and simmer for 10–15 minutes, or until fork tender. Drain and return to pan.



2. COOK THE CHICKEN

Heat a frypan over medium–high heat. Slash chicken breast in 3–4 places. Rub with **oil, 1/2 tsp dried tarragon, salt and pepper**. Place into pan and cook for 8–10 minutes each side or until cooked through (see notes). Remove from pan. Keep pan.



3. MAKE THE SALAD

Slice capsicum and pear. Toss together with spinach and rocket. Dress with **olive oil, vinegar, salt and pepper**.



4. MAKE THE SAUCE

Re-heat fry pan over medium heat with **1 tbsp butter**. Slice and add white ends of spring onions with **2 tsp dried tarragon** (see notes). Cook for 2–3 minutes. Add **1/3 cup water, 1 tsp soy sauce** and cream cheese. Cook until combined. Season with **salt and pepper**.



5. CRUSH THE POTATOES

Use a potato masher to lightly crush the potatoes. Stir through sliced green ends of spring onions (use to taste) with **1/2 tbsp butter/oil**. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Slice chicken (see notes) and serve with crushed potatoes and salad. Spoon over 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**

