



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

 4 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	800g
CHICKEN BREAST FILLETS	600g
AVOCADO	1
PEAR	1
BABY LEAVES AND BEETROOT	1 bag (180g)
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 breasts in 3–4 places. Rub with **oil, 1 tsp dried tarragon, salt and pepper**. Place into fry 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 avocado and pear. Toss together with baby leaves and beetroot. 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 with **1 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**

