



French Style Chicken and Potatoes

A homestyle one-pan dish featuring seared chicken tenderloins simmered with golden potatoes, carrots, and onion in a lightly creamy herbed sauce.



35 minutes



2 servings



Chicken

FROM YOUR BOX

BROWN ONION	1
CARROT	1
MEDIUM POTATOES	2
CHICKEN TENDERLOINS	300g
BABY SPINACH	120g
SOUR CREAM	1 tub

FROM YOUR PANTRY

oil for cooking, salt and pepper, 1 chicken stock cube, dried thyme, flour of choice

NOTES

Use spinach to taste. Half a packet would be enough for 2 serves in this dish.

1. SAUTÉ THE VEGETABLES

Heat a heavy base pan or frypan pan over medium-high heat with **3 tbsp oil**. Dice **onion**, slice **carrot** and chop **potatoes (2–3cm)**. Add to pan as you go along with **1 tsp dried thyme**. Season with **salt and pepper**, cook tossing for 10 minutes crisp and softened. Add a splash of water if needed.

TIP *You can substitute dried thyme with dried tarragon, fresh thyme or rosemary. The vegetables can be roasted in the oven or cooked in an air fryer instead.*

2. SEAR THE CHICKEN AND SIMMER THE SAUCE

Add **chicken** to pan, sear for 2–3 minutes. Stir in **1/2 tbsp flour** and **1/2 crumbled stock cube**. Pour in **1 1/2 cups water**, stir well. Simmer 10 minutes until chicken is cooked through and sauce thickened.

TIP *You can add sliced mushrooms along with the chicken for more bulk. Use liquid stock or stock paste instead of stock cube if preferred.*

3. FINISH AND SERVE

Add **baby spinach** to pan and stir until wilted. Reduce heat to low and stir in **1/2 tub sour cream**. Season with **salt and pepper** to taste. Serve at the table.

TIP *You can garnish this dish with fresh oregano or thyme. Serve with crusty bread for a more filling meal.*

This recipe has simplified instructions to help lower your meal cost.