



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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



4/6 servings



Chicken

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
CARROTS	2	3
MEDIUM POTATOES	4	5
CHICKEN TENDERLOINS	600g	600g + 300g
BABY SPINACH	1 bag	2 bags
SOUR CREAM	1 tub	2 tubs

FROM YOUR PANTRY

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

NOTES

For a lighter option, use 1/2 tub sour cream and substitute with water. Alternatively, skip it in cooking and serve as a dollop instead.

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1. SAUTÉ THE VEGETABLES

Heat a heavy base pan or frypan pan over medium-high heat with **3 tbsp oil**. Dice **onion**, slice **carrots** and chop **potatoes (2–3cm)**. Add to pan as you go along with **2–3 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 tbsp flour** and **crumbled stock cube**. Pour in **2 cups water**, stir well. Simmer 10 minutes until chicken is cooked through and sauce thickened.

6P – add chicken to pan, sear for 2–3 minutes. Stir in 1 1/2 tbsp flour and crumbled stock cube. Pour in 3 cups water, stir well.

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 **sour cream** (see notes). 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.