



Creamy Tarragon Chicken

with Roasted Red Potatoes and Broccoli

30 Minutes



Chicken Breasts



Chicken Thighs



Red Potato



Tarragon



Broccoli, florets



Sour Cream



Dijon Mustard



Chicken Broth Concentrate



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO TARRAGON

This herb used in French cuisine has a subtle licorice flavour!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, measuring spoons, aluminum foil, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Chicken Thighs ♦	4	8
Red Potato	300 g	600 g
Tarragon	7 g	14 g
Broccoli, florets	227 g	454 g
Sour Cream	6 tbsp	12 tbsp
Dijon Mustard	1 ½ tsp	3 tsp
Chicken Broth Concentrate	1	2
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Roast potatoes

Cut **potatoes** into 1-inch pieces. Add **potatoes** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven until golden-brown, 20-25 min.



Cook chicken

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil**, then **chicken**. Cook until golden-brown and cooked through, 4-5 min per side.** (**NOTE:** For 4 ppl, cook chicken in 2 batches, using 1 tbsp oil per batch!) Transfer **chicken** to a plate and cover with foil to keep warm.

CUSTOM RECIPE

If you've opted to get **chicken thighs**, cook them in the same way the recipe instructs you to cook the **chicken breasts**.



Roast broccoli

While **potatoes** roast, cut **broccoli** into bite-sized pieces. Add **broccoli** and **1 tbsp oil** (dbl for 4 ppl) to another unlined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **top** of the oven until tender, 12-15 min.



Make tarragon sauce

Reduce heat of the same pan to medium. Add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted, 1 min. Add **mustard, broth concentrate, tarragon** and **½ cup water** (dbl for 4 ppl). Whisk to combine, scraping up any browned bits on the bottom of pan, 1-2 min. Remove the pan from heat. Whisk in **sour cream**. Season with **salt** and **pepper**.



Prep

While **broccoli** roasts, roughly chop **tarragon leaves**. On a clean cutting board, pat **chicken** dry with paper towels. Carefully slice into the centre of **each chicken breast**, parallel to the cutting board, leaving ½-inch intact on the other end. Open up **chicken** like a book. Season both sides with **salt** and **pepper**.

CUSTOM RECIPE

If you've opted to get **chicken thighs**, no need to butterfly. Simply season with **salt** and **pepper**.



Finish and serve

Thinly slice **chicken**, if desired. Divide **potatoes, broccoli** and **chicken** between plates. Drizzle **tarragon sauce** over **chicken**.

Dinner Solved!