



SKU1809 hero

Tarragon Chicken

with Potatoes & Green Beans

 20-30min  4 Servings

Tarragon may look like blades of vibrant green grass but this herb, commonly used in French cuisine, is known as "The King Of Herbs" in France and is loved for its anise-like flavor that adds an aromatic bittersweet pop to dishes.

What we send

- green beans
- fresh tarragon
- boneless, skinless chicken breasts
- shallot
- red potatoes
- chicken broth concentrate
- Dijon mustard ¹⁷

What you need

- butter ⁷
- kosher salt & ground pepper
- olive oil
- white wine vinegar ¹⁷

Tools

- colander
- large saucepan
- large skillet
- meat mallet (or heavy skillet)

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

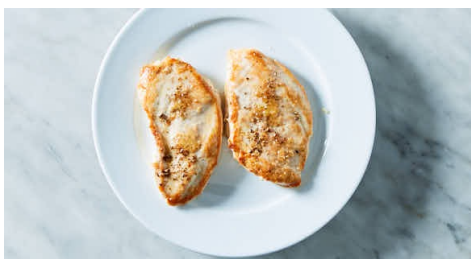
Nutrition per serving

Calories 650kcal, Fat 33g, Carbs 48g, Proteins 41g



1. Cook potatoes

Scrub **potatoes**, then cut into 1-inch wedges. Place in a large saucepan, along with **2 tablespoons salt** and enough water to cover by $\frac{1}{2}$ inch. Cover and bring to a boil over high heat, then uncover and cook until just tender, 5-7 minutes.



4. Brown chicken

Pat **chicken** dry. Using a meat mallet or heavy skillet, pound chicken to an even $\frac{1}{2}$ -inch thickness. Season with $\frac{1}{2}$ **teaspoon salt** and a few grinds **pepper**. Heat **1 tablespoon oil** in a large skillet over medium-high. Add chicken and cook until lightly browned and cooked through, 2-3 minutes per side. Transfer chicken to a plate. Return skillet to stovetop.



2. Prep ingredients

While **potatoes** cook, trim stem ends from **green beans**, then snap in half. Peel and finely chop **shallot**. Pick **tarragon leaves** from stems, then finely chop leaves, discarding stems.



5. Build sauce

Heat **2 tablespoons oil** in same skillet over medium. Add **shallots** and a **pinch of salt**. Cook until just softened, about 2 minutes. Add **all of the broth concentrate, mustard, half of the chopped tarragon, 1 cup water, and 1 teaspoon vinegar**. Cook, scraping the browned bits from the bottom of skillet with a spoon, until sauce is reduced to $\frac{3}{4}$ cup, 2-3 minutes.



3. Cook green beans

Add **green beans** to saucepan with just-tender **potatoes** and cook until green beans are crisp-tender, about 4 minutes. Drain green beans and potatoes, then return to the saucepan. Add **1 tablespoon oil** and **2 tablespoons butter**. Toss gently until butter is melted. Season to taste with **salt** and **pepper**. Cover to keep warm.



6. Finish & serve

Return **chicken and any juices** to skillet and cook, basting the chicken with **sauce**, until chicken is warm, about 1 minute. Remove skillet from heat. Stir in **2 tablespoons butter** and season sauce to taste with **salt** and **pepper**. Serve **chicken** and **sauce** with **green beans** and **potatoes**, garnishing with **remaining chopped tarragon**. Enjoy!