



Creamy Tarragon Chicken

with Roasted Red Potatoes and Brussels Sprouts

PRONTO 30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Chicken Breasts



Red Potato



Tarragon



Brussels Sprouts



Sour Cream



Dijon Mustard



Chicken Broth Concentrate

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

Paper Towels, 2 Baking Sheets, Measuring Spoons, Measuring Cups, Large Non-Stick Pan, Aluminum Foil, Whisk

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Red Potato	300 g	600 g
Tarragon	7 g	14 g
Brussels Sprouts	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 min. internal temp. of 74°C/165°F, as size may vary

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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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1. ROAST POTATOES

Cut **potatoes** into 1-inch pieces. On a baking sheet, toss **potatoes** with **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Roast in **middle** of oven, until golden-brown, 25-28 min.



2. ROAST BRUSSELS

Meanwhile, cut **Brussels sprouts** in half (if larger, quarter them). On another baking sheet, toss **Brussels sprouts** with **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Roast in **top** of oven, until tender, 15-20 min.



3. PREP

Meanwhile, roughly chop **tarragon leaves**. On a clean cutting board, pat **chicken** dry with paper towel. Carefully slice into centre of **each breast** — parallel to the cutting board — leaving 1-inch intact on the other end. Open up **chicken** like a book. Season with **salt** and **pepper**.



4. COOK CHICKEN

Heat a large non-stick pan over medium-high heat. When pan is hot, add **1 tbsp oil** (dbl for 4 ppl) 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 for each batch!)** Transfer **chicken** to a plate. Cover with foil and set aside.



5. MAKE TARRAGON SAUCE

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



6. FINISH AND SERVE

Divide **potatoes, Brussels sprouts** and **chicken** between plates. Drizzle **tarragon sauce** over **chicken**.

Dinner Solved!