



### Product Spotlight: Mushrooms

When cooking mushrooms, you may have noticed that they give off quite a lot of water and shrink significantly. That's no mystery; they're comprised of at least 90% water!



## 2 Tarragon Chicken with Crushed Potatoes

This easy recipe has satisfying crushed potatoes, tarragon chicken scallopini, and a homemade mushroom-tarragon sauce.

 30 minutes

 2 servings

 Chicken

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### *Veggie alternatives*

*If preferred, you can roast the potatoes, broccoli and carrot in the oven. Or, you can use them to make a colourful veggie mash — simply boil, drain, mash, and season to taste with salt, pepper, oil/butter and chives. Add a splash of cooking water, milk, sour cream or cream to soften if desired.*

## FROM YOUR BOX

MEDIUM POTATOES	400g
CHIVES	1/3 bunch *
CHICKEN TENDERLOINS	300g
BROWN ONION	1/2 *
BUTTON MUSHROOMS	1 packet (100g)
CARROT	1
BROCCOLI	1/2 *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, flour (cornflour, rice or wheat flour), dried tarragon (see notes), soy sauce

## KEY UTENSILS

large frypan, 2 saucepans

## NOTES

If preferred, don't mix the chives into the potatoes but use them as garnish.

Not a fan of tarragon? Replace it with Italian herbs, rosemary, thyme or even crushed garlic throughout the recipe.



### 1. COOK THE POTATOES

Quarter potatoes, place in a saucepan and cover with water. Bring to the boil and simmer for 10–12 minutes or until tender. Drain and return to saucepan. Crush lightly and toss with **1/2 tbsp oil/butter** and sliced chives (see notes). Season with **salt and pepper**.



### 2. COOK THE CHICKEN

Heat a frypan over medium–high heat. Rub chicken with **1/2 tsp tarragon and oil**. Cook for 3–4 minutes each side, remove to a plate and keep pan.



### 3. COOK THE MUSHROOMS

Reheat pan with **1/2 tbsp oil/butter** over medium–high heat. Slice and add onion, cook for 2–3 minutes. Slice and add mushrooms, cook for 3–4 minutes.



### 4. MAKE THE SAUCE

Mix together **1/2 tsp tarragon, 1 1/2 tsp flour, 1 tsp soy sauce and 1 cup water**. Pour into frypan with mushrooms and bring to a simmer to thicken. Return chicken and any resting juices. Season to taste with **salt and pepper**.



### 5. COOK THE VEGETABLES

Bring **1 cup water** to boil in a saucepan or frypan. Slice and add carrot. Cut broccoli into florets and add to pan. Cook for 2–3 minutes until just tender. Drain.



### 6. FINISH AND PLATE

Serve potatoes and vegetables with chicken. Pour over mushroom–tarragon sauce to taste.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

