

# Tarragon Chicken

## with Green Beans and Brown Rice

hellóchef

Did you know tarragon is also known as estragon?

Cals 667 • Prot 51 • Carbs 92 • Fat 15

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🕒 cook: 25 min

R2994



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken breast	300	500	600	Grams
Salt	0.5	1	1	Tsp
Brown rice	150	225	300	Grams
Shallots	1	1	1	Piece
Garlic cloves	2	3	4	Piece
Chestnut mushrooms	250	250	500	Grams
Olive oil	1	2	2	Tbsp
Soy sauce <b>9*</b> , <b>10*</b> , <b>11*</b>	20	30	40	ML
Cooking cream <b>4*</b>	100	200	200	ML
Water	100	100	200	ML
Green beans	150	250	375	Grams
Fresh tarragon	15	22	30	Grams
Black pepper	0.5	0.5	1	Tsp

Allergens

**\*9 Soya, \*10 Wheat, \*11 Gluten, \*4 Milk**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information

Per Serving\*

Energy (kJ/kcal)	2782 / 667
Fat (g)	15
of which saturates (g)	9
Carbohydrate (g)	92
of which sugars (g)	8.4
Fiber (g)	5.9
Protein (g)	50.9
Salt (g)	2

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Boil rice

Bring a large pan of salted water to a boil over a medium-high heat. Once boiling, add the **brown rice** and a pinch of **salt** and cook for 20 min or until tender. Drain once tender.

**Tip!** Make sure your brown rice is drained for as long as possible or it will water down the flavours of the entire dish!



2 Prep

Meanwhile, chop the **chicken** into goujons. Peel and finely chop [0.5/1/1] shallot. Peel and mince the **garlic**. Clean and quarter the **mushrooms**.



3 Fry

Heat a pan over a medium heat with a drizzle of **oil**. Add the **chicken** and fry for 5 min until golden brown. Transfer the **chicken** to a plate, reserve the pan (the **chicken** doesn't need to be cooked through at this point).



4 Simmer

Return the pan to a medium-low heat with another drizzle of **oil**. Add the **mushrooms, shallots** and **garlic** and cook for 4-5 min until soft. Add the **soy sauce, cooking cream, measured water** and **chicken** along with any juices on the plate. Simmer for 5 min.



5 Boil green beans

Meanwhile, wash and trim the **green beans**. Cook the **green beans** in a pot of salted boiling water for 3-4 min or until tender. Drain once cooked.



6 Serve

After 5 min, pick the **tarragon** leaves directly into the creamy **chicken sauce**. Season with a generous grind of **black pepper**. Serve the **tarragon chicken** over the **brown rice** with the **green beans** to the side.

**Tip!** If cooking for kids, leave out the tarragon for a simple creamy sauce.