

Tarragon Chicken

with Green Beans and Brown Rice

hellóchef

Did you know tarragon is also known as estragon?

Cals 640 • Prot 50 • Carbs 86 • 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	0.5	1	1	Piece
Garlic cloves	2	3	4	Piece
Chestnut mushrooms	250	250	500	Grams
Olive oil	1	2	2	Tbsp
Soy sauce 9* , 10* , 11*	20	30	40	ML
Cooking cream 4*	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)	2669 / 640
Fat (g)	14.9
of which saturates (g)	9
Carbohydrate (g)	86
of which sugars (g)	5.4
Fiber (g)	4.7
Protein (g)	50
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 the **shallots**. 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.