



Dijon-Tarragon Chicken

with Potatoes & Green Beans



20-30min



2 Servings

Sometimes the key to a delicious restaurant-quality dinner is all about fresh ingredients and simplicity—this meal is proof! Here we pan roast quick-cooking chicken breasts, then make a pan sauce with shallots, mustard, and fresh tarragon. The sauce drapes over the chicken taking it up a notch, and buttery, crisp green beans and red potatoes alongside make this a perfectly balanced meal.

What we send

- 2 red potatoes
- ½ lb green beans
- 1 shallot
- ¼ oz fresh tarragon
- 12 oz pkg boneless, skinless chicken breasts
- 1 pkt chicken broth concentrate
- 1 pkt Dijon mustard ¹⁷

What you need

- kosher salt & pepper
- olive oil
- butter ⁷
- white wine vinegar (or apple cider vinegar) ¹⁷

Tools

- medium saucepan
- medium skillet

Allergens

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

Nutrition per serving

Calories 620kcal, Fat 30g, Carbs 44g, Protein 46g



1. Cook potatoes

Scrub **potatoes**, then cut into 1-inch wedges. Place in a medium saucepan with **1 tablespoon salt**. Add enough water to cover by ½ inch. Cover and bring to a boil over high heat, then uncover and cook until just tender, 5-7 minutes.



2. Prep ingredients

While **potatoes** cook, trim **green beans**, then snap each in half. Finely chop **half of the shallot** (save rest for own use). Pick and finely chop **1 tablespoon tarragon leaves**; discard stems.



3. Cook green beans

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



4. Cook chicken

Pat **chicken** dry and season all over with **salt** and **pepper**. Heat **2 teaspoons oil** in a medium skillet over medium-high. Add chicken and cook until lightly browned and cooked through, 2-3 minutes per side. Transfer to a plate.



5. Make pan sauce

Heat **1 tablespoon oil** in same skillet over medium. Add **chopped shallots** and a **pinch of salt**. Cook, stirring, until just softened, about 2 minutes.

Add **broth concentrate, mustard, half of the chopped tarragon, ½ cup water,** and **½ teaspoon vinegar**. Cook, scraping up any browned bits from the bottom, until sauce is reduced to about ½ cup, 2-3 minutes.



6. Finish & serve

Return **chicken and any juices** to skillet and cook over medium heat, basting **chicken** with **sauce**, until **chicken** is warm, about 1 minute. Remove skillet from heat. Stir in **1 tablespoon butter** and season sauce to taste with **salt** and **pepper**.

Serve **chicken** and **sauce** with **green beans and potatoes**; garnish with **remaining chopped tarragon**. Enjoy!