

Tarragon Chicken

By Holdenhurst, Abbeyfield South Downs

Abbeyfield
Making time for older people



4 servings



Prep: 15 minutes

Cook: 15 minutes

INGREDIENTS

4 x 125 g (4oz) chicken breasts, cut into bite-size pieces
25 g (1oz) plain flour
2 tbsp. olive oil
250 g (9oz) chestnut mushrooms, sliced
150 ml (5fl oz) white wine
300 ml (½ pint) crème fraîche
½ tbsp Dijon mustard
2 tbsp. fresh chopped tarragon
Large handful spinach

METHOD

1. Begin by placing the chicken in a bowl and evenly coating it with flour and seasoning. Mix the ingredients together until well combined.
2. Take a large frying pan and heat half of the oil over medium-high heat. Brown the chicken for approximately 5 minutes or until it turns golden. If needed, do this step in batches to prevent the chicken from sweating. Once done, remove the chicken from the pan and set it aside.
3. In the same pan, add the remaining oil and sauté the mushrooms for 3-5 minutes until they are nearly cooked through.
4. Return the chicken and any accumulated juices to the pan. Pour the wine into the pan and let it simmer for 2 minutes. Then, add the crème fraîche, mustard, and most of the tarragon, stirring everything together.
5. Bring the mixture to a boil and let it simmer for an additional 5 minutes, or until the chicken is fully cooked.
6. Lastly, stir in the spinach and taste-check the seasoning. Sprinkle the remaining tarragon over the dish and serve immediately.

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