



In a classic pairing, tarragon brightens up chicken for spring both adding a little colour and it's distinctive fresh flavour.

Ingredients:-

4 boneless, skinless chicken breast halves

1 table spoon Unsalted butter

1 table spoon extra-virgin olive oil

Salt and freshly ground pepper, to taste

3 table spoon chopped shallot

1 table spoon chopped fresh tarragon

1 Teaspoon of Dijon Mustard

1½ cup double cream

Fresh lemon juice, to taste (optional)

Chopped fresh flat-leaf parsley for garnish (Optional)

Method:-

(1) Rinse and pat dry with paper towels. One at a time, place a chicken breast half between 2 sheets of baking paper or cling film. Using a rolling pin, flatten to an even thickness of about 1½ inch.

(2) In a large sauté pan or frying pan over medium-high heat, melt the butter with the olive oil.

When hot, add the chicken, season with salt and pepper and sauté gently, turning once, until the chicken is golden and opaque throughout and the juices run clear when the meat is pierced with a knife, about 3 minutes per side. Transfer the chicken to a warmed plate and keep warm.

Pour off any excess fat from the pan and place the pan over medium-low heat. Add the shallot and sauté, stirring, until translucent, 1 to 2 minutes. Add the tarragon, Dijon mustard and cream, increase the heat to medium and stir with a wooden spoon, scraping up any browned bits from the pan bottom and blending well. Cook, stirring, until bubbling and thickened slightly, 2 to 3 minutes. Season with salt and pepper and a squeeze of lemon juice. Return the chicken to the pan and turn each breast several times in the sauce until well coated and hot. Spoon the remaining sauce over the chicken. Sprinkle with parsley and serve immediately.