

# Creamy Chicken & Tarragon Casserole

NOV

As the nights are drawing in, warming casseroles come to mind, and this is a great mid-week supper as it doesn't involve long, slow cooking times in the oven. It is easy to prepare and quick to cook.

I love the versatility of chicken, and this recipe uses the tasty thigh pieces, and one of the best herbs to add to chicken has got to be tarragon, which makes this dish not only delicious but a great filling supper dish too.



Serves: 3

Preparation time: 30 mins

Cooking time: 40 Minutes

Easy Recipe



## Ingredients

- Olive Oil
- 6 boneless chicken thighs, no skin
- 1 rounded tablespoon plain flour
- Salt & Pepper
- 1x bunch spring onions, wash, finely chop the green ends and put to one side and slice the white sections
- 150ml white wine
- 400ml chicken stock
- 500g small new potatoes
- 3 tsp Dijon mustard
- 150ml creme fraiche
- 20g bunch tarragon chopped, reserve a few leaves

### To serve:

- 150g baby carrots, no need to peel just a quick wash
- 1 small packet tender stem broccoli
- Handful green beans sliced into approx 3cm lengths

## Method

- 1 Pre heat the oven to 190°C
- 2 Trim the chicken thighs of any excess fat and coat in the flour season well with salt and pepper.

- 3 Heat the oil in a medium-large casserole dish and fry off the flour coated thighs until they are golden brown
- 4 Add the white slices of spring onions, you may need to add a little more oil at this stage to keep everything moving in the pan. Stir for a few minutes until starting to soften and add any flour to the pan left from coating the chicken and stir well for a few more minutes, making sure all the flour has been absorbed.
- 5 Pour in the wine and stir well, allow to bubble for a couple of minutes, then add the stock.
- 6 Add the potatoes, stir well and simmer gently with a lid on for 10 minutes, then remove the lid add the chopped tarragon and simmer gently until the potatoes are just cooked without the lid.
- 7 Meanwhile, start to roast the vegetables in the oven, heat a glug of olive oil in a roasting tray, throw in the baby carrots, season well and roast for 8-10 minutes. Then toss in the tender stem broccoli, spooning over some oil from the tray, and roast for another 8-10 minutes with the carrots, and at the end throw in the sliced green beans for 5 minutes.
- 8 Once the potatoes are ready in the casserole stir in the mustard and creme fraiche, and mix well. Taste, and adjust the seasoning if needed.
- 9 To serve:-In a serving dish layer up the ingredients starting with the chicken and potatoes at the bottom, then a layer of roasted veg, chicken layer again and finish with a colourful layer of roasted vegetables on the top, finish with the reserved tarragon leaves and finely chopped green section of the spring onions.



## Aud's Tips

If you can't find baby carrots try to find small carrots and cut into lengths, smaller carrots are often sweeter and tastier than larger thick carrots.

You may want to serve with crusty bread to soak up all the lovely juices.