

CHICKEN WITH SHERRY & TARRAGON SAUCE

Tarragon is a great herb to have with chicken and the sherry gives a sweetness to the sauce.



1 chicken breast
1 heaped tbsp. chopped tarragon
½ small onion
1 small clove garlic
50ml dry sherry
50ml double cream
1 tsp oil

Hints, Tips and Variations

- ♦ *Wheat & gluten free*
- ♦ *This dish would be good served with either rice or new potatoes*
- ♦ *Reduce the calories by using 1/2 fat crème fraiche.*
- ♦ *If you don't have sherry, you could use white wine, which would give a different flavour.*

Cut the chicken breast in half horizontally, slice the onion & chop the garlic & tarragon.

Heat the oil in a small frying pan and fry the onion and garlic gently to soften and brown slightly, then move it to the side of the pan.

Increase the heat to medium hot and fry the chicken for 1 min each side to brown a little.

Add the sherry, bubble and when it has reduced by about ½, add the cream and ½ of the tarragon. Put a lid on the pan and simmer for 5 min.

Remove the chicken from the pan to a plate and keep warm. Add the remaining tarragon to the sauce and bubble to thicken if needed.

Season with salt & pepper and spoon over the chicken to serve.

Per serving 411Kcal, 33.4g Protein, 27.1g Fat (12.3g saturated), 5.7g Carbs, 1.6g Sugar, 98mg salt