



Tarragon chicken with sun dried tomatoes

This is a flavoursome, rich chicken dish. We use free range or organic chicken & our own home grown French Tarragon (rather than the Russian which is bitter by comparison).

4 Chicken breast fillets about 150g each

6 tablespoons (tbs) lemon juice

1 and 1/2 rounded teaspoons (tsp) paprika

1 large garlic clove

1 tbs fresh chopped tarragon

50g unsalted butter

8 sun dried tomatoes (in oil preferably)

200 ml double cream

Salt

Chilli powder

Rocket leaves - generous bunch to garnish

Chop the chicken breast fillets thinly across and place them in a bowl with the lemon juice, paprika, garlic and chopped tarragon. Stir the mixture to evenly coat and leave to marinate at room temperature for about 30 minutes.

Meanwhile slice each sun dried tomato into about 3 or 4 pieces.

Melt the butter in a large deep frying pan over a low heat. Add the chicken mix and cook gently stirring occasionally for 8-10 minutes. Take out the chicken pieces and put to 1 side, bubble the pan juices fiercely for 2 minutes to reduce slightly. Remove the pan from the heat to cool slightly and stir in the double cream, bring back to the boil and keep bubbling and stirring for 2-3 minutes or until thickened slightly.

Season with salt and add the chilli powder. Add the cooked chicken back into the pan, mix thoroughly and continue heating for a minute.

To serve sprinkle the rocket leaves over the dish and serve on warm plates. It goes well with new potatoes and green vegetables.