



## *Chicken Tarragon and Mushrooms with Thyme Cream*

Preparation Time: 15 mins    Cooking Time: 20 minutes

Serves: 4

Difficulty: Easy

### INGREDIENTS

4 thinly sliced (filet) chicken breasts.  
½ cup flour  
30 grams/1 oz Butter plus an extra 30 grams  
200 grams swiss brown mushrooms sliced  
200 grams button mushrooms sliced  
200 grams enoki/shitake mushrooms trimmed  
1 cup dry white wine (preferably sauvignon blanc)  
1 ¼ cup cream  
2 cloves of garlic finely chopped  
½ bunch fresh thyme sprigs  
2 tablespoons olive oil  
Salt and pepper

#### Pair with:

- Roasted Baby Potatoes
- Charred Brussel Sprouts
- Sauted Asparagus

### DIRECTIONS

1. Place flour on a plate and season with salt and pepper.
2. Coat each side of the chicken filets and dust off any excess.
3. Add 30 grams butter and olive oil to large heavy based pan and heat on stove until butter starts to foam.
4. Add chicken filets and cook on medium heat for 2-3 mins each side or until chicken is cooked through.
5. Place chicken in a dish and cover to keep warm.
6. Remove excess oil from pan, wipe out with paper towel.
7. Add other 30 grams of butter to pan, melt and add swiss brown and button mushrooms and garlic. Cook until mushrooms start to soften.
8. Add enoki mushrooms and cook quickly until wilted.
9. Add white wine to pan, stirring and cook for 1-2 mins.
10. Add cream, thyme and salt and pepper. Bring sauce to a simmer for 2-3 mins longer.
11. Return chicken to pan to warm and coat with the cream sauce.