



CLONAKILTY TARRAGON CHICKEN



IRISH YOGURTS

CLONAKILTY



Tarragon Chicken

Recipe by Chef Eunice Power

Ingredients

- 4 Chicken Breasts- with the skin on
- 100ml White Wine
- 250ml Irish Yogurts Clonakilty Half Fat Crème Fraîche
- 1/2 tbsp Dijon Mustard
- 1/2 tbsp Wholegrain Mustard
- 2 Sprigs of fresh Tarragon - finely sliced



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Directions

- Heat the oven to 200°C/180°C Fan/Gas Mark 6
- Heat oil in an ovenproof pan. Season the chicken breasts, then brown for 2 min on each side. Remove from the pan, then set aside
- Add the white wine to the pan and simmer for a minute, then add the crème fraîche, both mustards and tarragon to the pan, stirring to combine everything
- Bring to a simmer, then return the chicken to the pan, spooning some of the sauce over the fillets. Lift into the oven, then bake for 20 mins until the chicken is cooked through and sauce bubbling
- Serve with green beans and rice