

Tarragon & Mustard Chicken

with English Peas & King Trumpet Mushrooms

COOK TIME: 35-45 minutes

SERVINGS: 2

This elegant, seasonal meal highlights rustic French flavors. A combination of crispy-skinned chicken and roasted potatoes and onion is brought together by a luscious pan sauce made with butter, piquant Dijon mustard, and slightly sweet tarragon. The sauce gets extra savoriness from sautéed king trumpet mushrooms (a gourmet variety prized for its hearty stems) and pops of sweetness from fresh peas.



MATCH YOUR BLUE APRON WINE



Light & Bright

Serve a bottle with this symbol for a great pairing.



Ingredients



2
BONELESS,
SKIN-ON CHICKEN
THIGHS



6 oz
ENGLISH PEAS



6 oz
KING TRUMPET
MUSHROOMS



1
RED ONION



3/4 lb
YUKON GOLD
POTATOES



1 bunch
TARRAGON

KNICK KNACKS:



2 Tbsp
BUTTER



1 Tbsp
DIJON MUSTARD



1 Tbsp
MIRIN



1/4 cup
ALL-PURPOSE
FLOUR



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1 Prepare the ingredients:

- ☐ Preheat the oven to 450°F.
- ☐ Heat a small pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Large dice the potatoes.
- ☐ Peel the onion; cut into 1-inch-wide wedges. Separate the layers.
- ☐ Shell the peas.
- ☐ Cut the mushrooms crosswise into ¼-inch-thick pieces.
- ☐ Pick the tarragon leaves off the stems; discard the stems and finely chop.



2 Roast the vegetables:

- ☐ Place the **potatoes** on a sheet pan. Place the **onion** in a bowl. Drizzle each with olive oil and season with salt and pepper; toss to coat.
- ☐ Arrange the seasoned potatoes in a single layer on 1 side of the sheet pan. Roast 10 to 12 minutes, or until lightly browned. Leaving the oven on, remove the roasted potatoes from the oven. Carefully arrange the seasoned onion in a single layer on the other side of the sheet pan. Return to the oven and roast 10 to 12 minutes, or until tender when pierced with a fork. Remove from the oven and set aside in a warm place.



3 Coat & cook the chicken:

- ☐ While the potatoes roast, place the **flour** on a plate. Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. Coat the seasoned chicken in the flour (tapping off any excess); transfer to a plate. In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the coated chicken, skin side down. Cook, occasionally pressing down with a spatula, 5 to 6 minutes, or until lightly browned and the skin is crispy. Flip and cook 3 to 5 minutes, or until browned and cooked through. Leaving any browned bits (or fond) in the pan, transfer to a plate. Set aside in a warm place.



4 Blanch the peas:

- ☐ While the vegetables roast, add the **peas** to the pot of boiling water. Cook 1 to 2 minutes, or until bright green and slightly softened. Drain thoroughly and rinse under cold water for 30 seconds to 1 minute to stop the cooking process. Set aside in a warm place.



5 Cook the mushrooms:

- ☐ While the vegetables continue to roast, add the **mushrooms** to the pan of reserved fond. (If the pan seems dry, add 2 teaspoons of olive oil.) Cook on medium-high, without stirring, 2 to 3 minutes, or until lightly browned. Season with salt and pepper. Continue to cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.



6 Make the sauce & plate your dish:

- ☐ Add the **mirin**, **mustard**, and ¼ cup of **water** to the pan. Season with salt and pepper. Cook, stirring frequently and scraping up any fond from the bottom of the pan, 1 to 2 minutes, or until thickened and saucy. Turn off the heat. Add the **blanched peas**, **butter**, and **half the tarragon**. Stir until thoroughly combined and the butter has melted. Season with salt and pepper to taste.
- ☐ Divide the **roasted vegetables**, **cooked chicken**, and **cooked peas**, **mushrooms**, and **sauce** between 2 dishes. Garnish with the **remaining tarragon**. Enjoy!