

CHEF SARA RHODES

## CHICKEN WITH TARRAGON/DIJON CREAM SAUCE

4 chicken breasts, trimmed and pounded  
Salt, pepper and dry tarragon, ground  
2 Tbsp. shallots, minced  
2 cloves garlic, minced  
1/3 cup dry white wine  
1 cup heavy cream  
2 Tbsp. Dijon mustard  
1 ½ Tbsp. fresh tarragon, finely chopped  
1 Tbsp. butter to finish

Season the chicken breasts with the salt, pepper and the dried tarragon.

Heat a sauté pan, with a little olive oil, over medium high heat. When pan is hot, add the chicken breasts. Sauté for about 5 minutes on both sides. Transfer to a warm plate and cover with foil.



In the same pan. Add the shallots, garlic and fresh tarragon. Cook until fragrant. Add the wine and cook until almost dry. Add the cream and bring to a simmer. Add the Dijon and stir to combine. Cook for a couple minutes and then add the butter. Stir till butter is melted.

On a cutting board, shingle cut chicken breasts. Plate and drape sauce over