



Orange Tarragon Chicken

Chicken cooked in a creamy orange and tarragon sauce. Great served with boiled rice.

Serves : 4

Preparation Time : 15 minutes

Cooking Time : 1 hour

Ingredients

1 1/2 oz / 40g butter
2 tbsp oil
4 joints of chicken
1 onion, finely chopped
6 fl oz / 175ml orange juice
1 chicken stock cube
2 tsp cornflour
5 fl oz / 150ml soured cream or yogurt

Herbs & Spices

2 tsp Tarragon

Cooking Instructions

Heat butter and oil in a casserole dish until hot. Brown chicken on all sides and cook for about 10 minutes. Remove and set aside. Fry onions until soft. Put chicken back in pot and add the orange juice, 1/4 pint / 120ml water, stock cube and tarragon. Bring to the boil, cover and turn heat down to a gentle simmer. Cook for 1 hour or until chicken cooked through.

Mix the cornflour with a bit of water and add to the casserole. Stir until thickened. Add the cream or yogurt and heat through. Serve.