

Paillard of Chicken with Asparagus & Tarragon Sauce



Serves 4

Prep 10 mins

Cooking 20 mins

Easy

Ingredients

- 4 chicken breast fillets (800g)
- 2 tbsp olive oil
- 1 tsp finely grated lemon rind
- 1 tbsp finely chopped fresh tarragon
- 2 tbsp lemon juice
- 3 bunches asparagus
- 80ml verjuice
- 250ml chicken stock
- 50g cold butter
- 1 tsp finely chopped fresh tarragon extra

1. Remove the tenderloins from breasts; keep for another use. Cut each breast in half horizontally to make two fillets.
2. Combine chicken, oil, rind, tarragon and juice in a medium bowl.
3. Snap tough ends from asparagus & peel the stems. Boil, steam or microwave the asparagus until tender, drain.
4. Meanwhile, heat an oiled, large frying pan over high heat. Cook the chicken in batches, about 2 mins each side or until golden brown and cooked through. Remove from the pan; stand, covered, to keep warm.
5. Drain the fat from the pan. Add the verjuice to the same pan; cook, stirring, about 2 mins or until the liquid is reduced by half. Add the stock; cook, stirring occasionally, about 3 mins or until the mixture is reduced by half. Remove the pan from the heat; stir in the coarsely chopped butter. Strain the sauce into a jug; stir in the extra tarragon.