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CHICKEN TARRAGON SWEET POTATOES

Written by The Good Housekeeping Cookery Team | February 7, 2012 09:52:00 AM

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TRIPLE TESTED RECIPES COOKING INFO

Hands on time:
15 mins

Cook time:
40 mins

serves 4

PER SERVING

Calories: 363

Total fat: 7g

Saturated fat 2g

Total carbs: 54g

Sugars 16g

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Double the creamy chicken mixture to make a delicious, healthy pie filling

INGREDIENTS

- 1tbsp vegetable oil, plus extra for potatoes
- 4 large sweet potatoes
- 1tbsp plain flour
- 250ml (8fl oz) semi-skimmed milk
- 1/2tbsp wholegrain mustard
- 2 skinless cooked chicken breasts, sliced

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- 1 tarragon sprig, finely chopped, plus extra to garnish
- 50g (2oz) baby spinach leaves

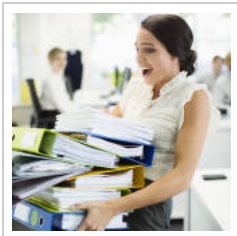
METHOD

- 1** Preheat oven to 220°C (200°C fan) mark 7. Rub a little oil over the sweet potatoes, then put them on a baking tray and cook for 35-40min until cooked through (a knife should go through a potato easily).
- 2** About 10min before the end of the potato cooking time, make the chicken sauce. In a small pan, heat the oil over a medium heat, then stir in the flour and cook for 1min. Remove from the heat and gradually whisk in the milk until smooth. Put back on the heat and bring to the boil, whisking all the time. Simmer the sauce for 3min, then whisk in the mustard and add the chicken. Cook for 2-3min until the chicken is piping hot, then stir in the tarragon and spinach. Check the seasoning.
- 3** Take sweet potatoes out of the oven, split them lengthways (don't cut all the way through). Pull the halves gently apart and divide the filling equally among potatoes. Serve with green vegetables or a salad.

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