

Easy British Butterfly Chicken



Ingredients

Serves 4

- 4 chicken breasts
- 4oz chopped tarragon
- 4 shallots - finely chopped
- 1oz local butter
- 100ml double cream
- ½ chicken stock cube crumbled
- ½ kilo washed spinach
- 4 cooked small potatoes per person



Method

Crush potatoes with a fork, season and press in a scone ring. Place on a baking tray in a hot oven.

Put a griddle pan on high heat, brush with vegetable oil, place chicken breasts in the pan and turn the heat down.

Cook for four minutes and turn over when chicken is brown and sealed.

Brush again with vegetable oil, season with sea salt and pepper.

Place frying pan on low heat and melt butter. Cook the chopped shallots until they lose their colour and become soft.

Add tarragon, cream and stock then reduce. Season sauce and transfer to a jug - keep warm.

Cook spinach in a saucepan until wilted.

To serve

Take a large bowl, place a mound of spinach in the centre with the potato cake and top with the chicken. Drizzle with tarragon cream and decorate with a sprig of

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