

Tarragon Chicken with Mushrooms

Ingredients:

1 lb.	Chicken breasts, boneless, skinless
¼ tsp.	Salt, plus more for seasoning
¼ tsp.	Pepper, plus more for seasoning
2 Tbsp.	Olive oil
1 lb.	Mushrooms, assorted
1 clove	Garlic
¼ cup	White wine
½	Lemon, juice only
2 tsp.	Dijon mustard
¾ cup	Chicken stock
1 Tbsp.	Tarragon, chopped
1 Tbsp.	Heavy cream

Method of Preparation:

1. Place chicken between two pieces of parchment paper and pound to a ½" thickness using a meat mallet or tenderizer. Season both sides of each breast with the salt and pepper.
2. In a large skillet, heat 1 Tbsp oil over medium-high heat. Add the chicken and cook for 2 minutes then flip over and cook for another 2 minutes. Reduce the heat to the lowest setting, cover and let cook for about 5-7 minutes.
3. While the chicken is cooking, slice the mushrooms and mince the garlic clove. Heat another skillet with the remaining tablespoon of oil over medium-high heat. Add the mushrooms and cook for about 5 minutes to develop a nice golden crust on the mushrooms. Add the garlic and sauté for another 2 minutes then deglaze with the wine and lemon juice, cooking for another 2-3 minutes.
4. In a small bowl, whisk together the mustard and chicken stock, pour over the mushrooms, bring to a boil and cook for 3-4 minutes or until slightly thickened. Add the heavy cream, tarragon and season with salt and pepper. Transfer chicken to a plate then ladle the sauce over the top of the chicken breasts.