



Creamy tarragon chicken bake

READY IN



50 min.

SERVINGS



4

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp olive oil extra-virgin
- ☐ 1 tbsp rice flour (we used Doves Farm)
- ☐ 300 ml soya milk good (we used So)
- ☐ 4 chicken breasts skinless
- ☐ 2 onions red cut into wedges
- ☐ 250 g punnet cherry tomato halved
- ☐ 250 g asparagus spear
- ☐ 1 tsp caster sugar
- ☐ 1 tbsp citrus champagne vinegar

- ☐ 150 ml vegetable stock (we used Kallo yeast-free vegetable stock)
- ☐ 3 tbsp tarragon chopped
- ☐ 4 tbsp breadcrumb gluten-free english (we used Sainsbury's 'Free From' muffins)
- ☐ 1 tbsp dairy and lactose-free cheese grated (we used Cheezly)

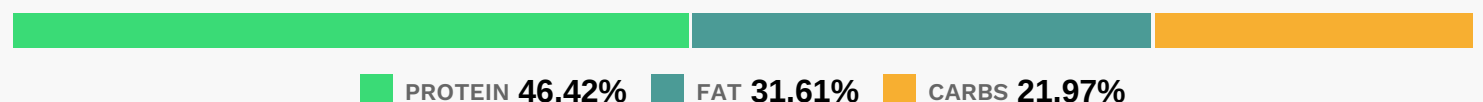
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Mix half the oil and flour in a saucepan (off the heat), then blend in the soya milk (it must be well blended before heating). Bring the sauce slowly to the boil, whisking constantly, then simmer for 1 min.
- ☐ Remove from the heat, cover with greaseproof paper and set aside.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Heat remaining oil in a frying pan, add the chicken, then fry for 2-3 mins or until brown (it wont be cooked through).
- ☐ Transfer to an ovenproof gratin dish.
- ☐ Add the onions to the pan and fry for 2-3 mins. Spoon over the chicken, then top with the tomatoes and asparagus. Set aside while you prepare the sauce.
- ☐ Put the sugar and vinegar into the pan. Stir over medium heat until the sugar is a dark caramel colour, then add the stock. Bring to the boil and simmer for 1 min.
- ☐ Whisk into the milky sauce until blended, season, then add the tarragon. Spoon sauce over the chicken and veg, sprinkle with crumbs and cheese, then bake for 20 mins or until cooked through.

Nutrition Facts



Properties

Glycemic Index:87.52, Glycemic Load:5.88, Inflammation Score:-8, Nutrition Score:34.917391258737%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 6.32mg, Isorhamnetin: 6.32mg, Isorhamnetin: 6.32mg, Isorhamnetin: 6.32mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 20.34mg, Quercetin: 20.34mg, Quercetin: 20.34mg, Quercetin: 20.34mg

Nutrients (% of daily need)

Calories: 481.7kcal (24.08%), Fat: 16.78g (25.81%), Saturated Fat: 4.08g (25.51%), Carbohydrates: 26.22g (8.74%), Net Carbohydrates: 22.71g (8.26%), Sugar: 10.77g (11.97%), Cholesterol: 153.92mg (51.31%), Sodium: 546.75mg (23.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.43g (110.86%), Vitamin B3: 25.69mg (128.47%), Selenium: 78.78µg (112.55%), Vitamin B6: 2.02mg (100.96%), Phosphorus: 648.58mg (64.86%), Potassium: 1426.31mg (40.75%), Vitamin B5: 3.9mg (38.99%), Manganese: 0.68mg (33.76%), Vitamin C: 26.35mg (31.94%), Vitamin K: 33.53µg (31.93%), Vitamin B2: 0.54mg (31.68%), Vitamin B1: 0.43mg (28.9%), Magnesium: 105.51mg (26.38%), Iron: 4.45mg (24.72%), Vitamin A: 1202.87IU (24.06%), Calcium: 202.19mg (20.22%), Folate: 80.75µg (20.19%), Vitamin E: 2.55mg (17.02%), Zinc: 2.45mg (16.32%), Vitamin B12: 0.9µg (15.08%), Copper: 0.3mg (15.05%), Fiber: 3.52g (14.07%), Vitamin D: 1.08µg (7.18%)