

Boneless Tarragon Chicken Breast

Serves 4 to 6

Ingredients

¼ cup olive oil	1 cup chopped onions
4–6 chicken breasts	3 1/3 cup chicken broth
freshly ground pepper	¼ cup fresh chopped tarragon
kosher salt	1 tsp potato starch if needed
½ cup matzah meal	1 cup white wine
4 cloves chopped garlic	

Directions: Chicken

1. Preheat oven to 350 degrees
2. Heat oil in skillet over high heat
3. Season chicken with salt and pepper and dust lightly with matzah meal
4. Cook chicken until brown on both sides
5. Remove chicken and place in baking dish

Directions: Sauce

6. Over medium heat add onions, garlic, salt and pepper to taste
7. Scrape any brown bits that cling to skillet
8. Stir frequently until softened about 5 minutes
9. Add white wine and let reduce about 5 minutes on high heat
10. Add chicken broth, lower heat and simmer until thickened
11. Add tarragon
12. Thicken sauce with potato starch if necessary
13. Pour mixture over chicken and place covered baking dish in oven for 30–40 minutes