

Chicken Tarragon

HolisticQ Signature Recipe

Ingredients: All Organic

Creamy and Delicious. The special ingredients this week are tarragon and unsweetened canned coconut milk. The canned coconut milk is different from the coconut milk drink in the dairy section. Canned coconut milk is true, full fat, coconut milk... nothing added. Serve this incredible meal over rice with asparagus or green peas.

Serves 4.

Ingredients:

- 2 1/2 pounds boneless skinless chicken thighs, cut into 2 inch chunks.
- 2 tablespoons coconut oil
- 2 teaspoons salt (less salt if desired)
- 1 teaspoon black pepper
- 3 tablespoons dried tarragon
- 2 cans full fat coconut milk (13.5oz each)

Make the dish...

- In a heavy skillet, heat the oil over medium high heat. Add cut up chicken to skillet and brown on all sides until lightly caramelized.
- Lower heat to medium and add salt, pepper, and tarragon stirring to spread the spices evenly. Simmer uncovered another 2 minutes.
- Add both cans of coconut milk to skillet and combine well. Reduce heat to medium low. Simmer uncovered for about 20 minutes, stirring occasionally. The sauce will slightly reduce.
- Remove from heat and serve over rice with asparagus or green peas.