

Warm fennel and beans with griddled chicken and tarragon butter



Healthy and delicious, this simple fennel and beans with griddled chicken and tarragon butter is perfect family food.

Hands-on time 30 min, oven time 12 min

Serves 4

Method

1 Heat the oven to 200°C/fan180°C/ gas 6. Heat a large griddle pan on the hob until smoking. Rub some olive oil on the chicken breasts and season generously, then griddle, skin-side down, for 3-4 minutes until charred. Turn and cook on the other side for 1-2 minutes. Transfer, skin-side up, to a large roasting tin and cook in the oven for 12 minutes or until cooked through.

2 Rest on a board for 5-10 minutes, then slice each breast into thirds.

3 Meanwhile, drop the green beans into a large pan of boiling water and cook for 1 minute. Add the broad beans to the pan and cook for 2 minutes more. Drain, then set aside to cool a little. (see tip)

4 Melt the butter, then mix with the lemon juice, a drizzle of extra-virgin olive oil, the tarragon and garlic. Season well, then set aside.

5 Transfer the warm beans to a large bowl, then toss with the fennel and half the butter dressing. Divide among 4 plates, then serve with the chicken, drizzled with the remaining butter dressing.

Ingredients

- Olive oil for griddling
- 4 skin-on free-range chicken breasts
- 150g green beans
- 400g shelled broad beans (about 800g in-pod weight)
- 70g butter
- Juice 1 lemon
- Drizzle of extra-virgin olive oil
- Small bunch fresh tarragon, finely chopped
- 1-2 garlic cloves, crushed
- 1 fennel bulb, very finely sliced (use a mandoline if you have one)

TIP

Skin the cooked, drained broad beans, if you like – it won't affect their flavour but will make them look beautiful. Toss the beans in the dressing while still warm, so the butter doesn't solidify on touching them.