

# Chicken

## with leeks and tarragon

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**3** leeks, thinly sliced, white and light green parts only  
**3** tablespoons AVOCARE® Extra Virgin Avocado Oil, divided  
**2** garlic cloves, finely chopped  
**1** cup chicken broth  
 $\frac{1}{2}$  cup dry white wine  
**2** tablespoons butter, divided  
**2** pounds chicken breasts, pounded  
Flour, for dusting  
Salt and pepper  
Juice of one lemon  
Handful tarragon, chopped

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**1.** Wash and thinly slice the leeks. In a large skillet over medium heat, cook the leeks in 2 tablespoons AVOCARE Extra Virgin Avocado Oil until just tender. Add the garlic cloves and stir. Add the broth and wine and let it reduce for 8 to 10 minutes. Place the leeks in a bowl and set aside. **2.** Lightly flour the chicken and season on both sides with salt and pepper. Heat remaining tablespoon avocado oil and 1 tablespoon butter in the skillet you cooked the leeks in and, working in batches, sear the chicken until golden brown on both sides. **3.** Return the leeks to the skillet. Reduce heat to low and simmer until the chicken is cooked through. Stir in the lemon juice, remaining tablespoon of butter and the tarragon. Taste, adjust seasoning and serve warm.

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**SERVES 6**