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# Tarragon Chicken

## Ingredients

- 4 chicken, breast, boneless, with skins
- 4 sprig(s) tarragon, fresh
- 1 teaspoon salt
- 2 teaspoon pepper, black ground
- 1 tablespoon oil, olive

## Preparation

1. Preheat the oven to 375 degrees F. Gently lift the skin of each chicken breast and place a sprig of tarragon underneath. Season each chicken breast with salt and pepper.
2. Heat the olive oil in a pan over medium heat. Add the chicken breasts and cook each side until it is golden brown.
3. Remove the chicken breasts to a baking sheet. Place the breasts in the oven and cook for about 20 minutes, or until the chicken has reached an internal temperature of 165 degrees F. Remove the chicken from the oven and allow it to rest for 5 minutes before serving.