DINNER TWIST
LOCAL, HEALTHY, DELIVERED

Product Spotlight: Capers

Capers are little flower buds! They come from the Flinders Rose (or Caper Bush) and are naturally very bitter. The pickling process turns them into little flavour bombs with a nice hit of salt and acid.
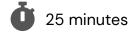
Creamy Chicken Piccata
with Potatoes

Golden chicken schnitzels in a creamy garlic sauce with capers served alongside zesty lemon greens and tender baby potatoes.

Change the potatoes!

This dish also works well with crushed or mashed potatoes. You can mash the broccoli into the potatoes to further hide the greens!

🕐 25 minutes   🍴 4 servings   🍗 Chicken

14 April 2023

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g	13g	67g

FROM YOUR BOX

BABY POTATOES	800g
BROCCOLI	1
GREEN BEANS	1 packet (250g)
CHICKEN SCHNITZELS	600g
LEMON	1
SOUR CREAM	1 tub
CAPERS	1 jar

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried tarragon, 1 garlic clove

KEY UTENSILS

large frypan, saucepan x 2

NOTES

You can steam the greens on top of the boiling potatoes if you have a steamer basket!

1. BOIL THE POTATOES

Halve potatoes and place in a saucepan. Cover with water, bring to a boil and simmer for 12-15 minutes or until cooked through. Drain and set aside.

2. BLANCH THE GREENS

Meanwhile, fill a large saucepan with water and bring to a simmer (see notes). Cut broccoli into florets. Trim and halve beans. Add to simmering water for 5 minutes until tender. Drain and set greens aside.

3. BROWN THE CHICKEN

Coat chicken with **2 tsp tarragon**, lemon zest, **oil, salt and pepper**. Cook in a frypan over medium-high heat for 5 minutes on one side.

4. SIMMER THE SAUCE

Turn chicken over. Stir in **1 crushed garlic clove**, sour cream and **1/2 cup water.** Drain and add capers. Simmer for 5 minutes or until chicken is cooked through.

5. FINISH AND SERVE

Squeeze juice from 1/2 lemon (wedge remaining) over greens. Toss with **olive oil, salt and pepper**.

Serve greens with potatoes, chicken and creamy sauce. Garnish with lemon wedge.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**