



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 Picata with Potatoes

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



25 minutes



2 servings



Chicken

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!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	42g	22g	74g

FROM YOUR BOX

BABY POTATOES	400g
BROCCOLI	1
GREEN BEANS	150g
CHICKEN SCHNITZELS	300g
TARRAGON HERB MIX	1 packet
LEMON	1
SOUR CREAM	1 tub
CAPERS	1 jar

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

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!

Tarragon herb mix: dried tarragon, dried rosemary, garlic powder



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 aside.



3. BROWN THE CHICKEN

Coat chicken with tarragon herb mix, zest from 1/2 lemon, **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 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.



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