



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

Crisp chicken schnitzels coated in a creamy garlic and caper sauce, paired with zesty lemon greens and tender baby potatoes – a comforting dish with a fresh, tangy twist.



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
	33g	31g	32g

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 saucepan with water and bring to a simmer (see notes). Cut **broccoli** into florets. Trim and halve **beans**. Add to pan and simmer for 4–5 minutes until just 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** (use to taste). Simmer for 5 minutes or until chicken is cooked through. Adjust seasoning with **salt** and **pepper** if needed.



5. FINISH AND SERVE

Squeeze lemon juice over the greens and toss with **olive oil**, **salt**, and **pepper**. Plate with potatoes, chicken, and creamy caper sauce. Garnish with lemon wedges.



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