

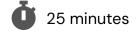




# Creamy Chicken Piccata

## with Potatoes

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





4 servings



# 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!

PROTEIN TOTAL FAT CARBOHYDRATES

67g

#### FROM YOUR BOX

BABY POTATOES	800g
BROCCOLI	1
GREEN BEANS	250g
CHICKEN SCHNITZELS	600g
TARRAGON HERB MIX	1 packet
TARRAGON HERB MIX	1 раскет 1
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LEMON	1

#### 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 greens aside.



#### 3. BROWN THE CHICKEN

Coat chicken with tarragon herb mix, 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 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.

