



### 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

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



4 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:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	33g	31g	37g

## FROM YOUR BOX

BABY POTATOES	800g
BROCCOLI	1
GREEN BEANS	150g
CHICKEN SCHNITZELS	600g
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**, **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. 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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