

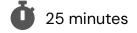




Creamy Chicken Piccata

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.





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!

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

33g 31g

31g

37g

FROM YOUR BOX

BABY POTATOES	800g
BROCCOLI	1
GREEN BEANS	150g
CHICKEN SCHNITZELS	600g
TARRAGON HERB MIX	1 packet
TARRAGON HERB MIX LEMON	1 packet
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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 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.





