



Chicken Piccata

with garlic butter sauce and roasted broccoli

Calorie Smart 45-50 mins

11



Chicken Breast



Broccoli



Onion



Garlic



Parsley



Potatoes



Chicken Stock



Apple Cider Vinegar

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, grater

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Broccoli	1 unit	1 unit
Onion	½ unit	1 unit
Garlic	1 unit	2 units
Parsley	5 g	10 g
Potatoes	3 units	6 units
Chicken Stock	1 sachet	2 sachets
Apple Cider Vinegar	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	619.5 g	100 g
Energy (kJ/kcal)	2334.7 kJ/ 558 kcal	376.9 kJ/ 90.1 kcal
Fat (g)	12.6 g	2 g
Sat. Fat (g)	2.7 g	0.4 g
Carbohydrate (g)	66.6 g	10.8 g
Sugars (g)	6.8 g	1.1 g
Protein (g)	45.7 g	7.4 g
Salt (g)	2.9 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.

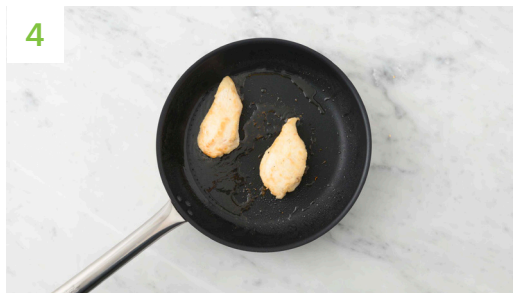


You can recycle me!



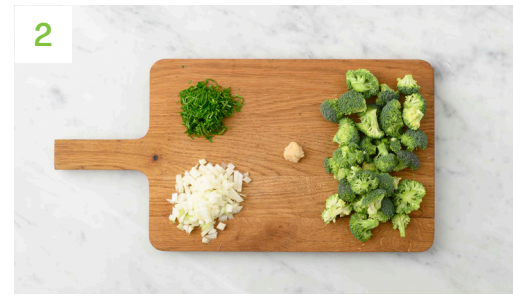
Roast the Potatoes

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm pieces (no need to peel).
- Pop onto a large (lined) baking tray.
- Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then spread out in a single layer.
- Roast on the top shelf of your oven until golden, 25-35 mins. Turn halfway through cooking.



Cook the Chicken

- When the **potatoes** have 15 mins of cooking time left, place the **broccoli** on the middle shelf of the oven and roast until slightly crispy, 12-15 mins.
- While everything cooks, place a pan over medium-high heat with a good glug of **oil**.
- Once hot, lay in the **chicken**. Fry until golden brown and cooked through, 5-6 mins each side. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Transfer to a chopping board, cover and allow to rest.



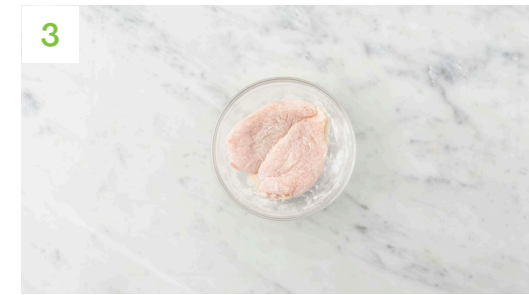
Prep Your Veg

- While the **potatoes** cook, cut the **broccoli** into florets (little trees). Halve any large florets.
- Pop onto a separate lined baking tray. Drizzle with **oil**, season with **salt** and **pepper** and toss to coat. Set aside.
- Halve and peel the **onion**. Chop one **half** (double for 4p) into small pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Finely chop the **parsley** (stalks and all).



Make the Sauce

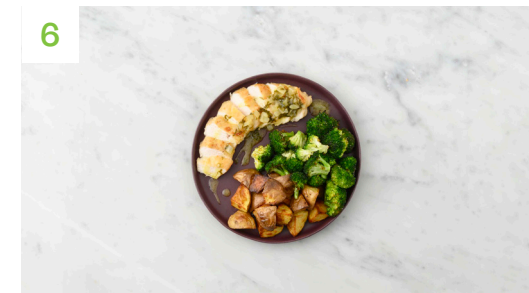
- Return the pan to medium heat with a drizzle of **oil**.
- Add the chopped **onion** and cook until softened, 3-4 mins. Add the **garlic** and **parsley** and cook for 1 min more.
- Pour in the **vinegar** and allow to evaporate. Add 75ml **water** (double for 4p) and **chicken stock powder**.
- Bring to the boil and stir to dissolve the **stock**.
- Lower the heat and vigorously stir in 2 tbsp **butter** (double for 4p) until melted and combined.



Coat the Chicken

- Place each **chicken breast** between two sheets of cling film and bash with a rolling pin until 2cm thick. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Add 3 tbsp **flour** (double for 4p) to a large bowl with a pinch of **salt** and **pepper**.
- Toss the **chicken** in the **flour** to evenly coat.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to vacuum packing we use to keep it fresh.



Finish and Serve

- Remove the pan from the heat. Loosen the sauce with a splash of **water** if necessary.
- Slice the **chicken** and serve with the roast **potatoes** and crispy **broccoli** alongside.
- Finish with a generous drizzle of the **garlic butter** sauce.

Enjoy!