

Chicken Piccata

with Buttery Garlic Sauce and Roasted Broccoli

Family 45 Minutes • Little Spice • 2 of your 5 a day













Echalion Shallot







Chicken Breast

Garlic Clove

Flat Leaf Parsley





Cider Vinegar



Chicken Stock Powder



Unsalted Butter

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Baking Tray, Garlic Press, Rolling Pin, Bowl, Spoon, Frying Pan, Measuring Jug, Plate.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Broccoli**	1	1	2
Echalion Shallot**	1	1	2
Garlic Clove**	1	1	1
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Chicken Breast**	2	3	4
Flour 13)	24g	36g	48g
Cider Vinegar 14)	1 sachet	1 sachet	2 sachets
Water*	100ml	150ml	200ml
Chicken Stock Powder	1/4 sachet	½ sachet	½ sachet
Unsalted Butter 7)**	30g	30g	60g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	625g	100g
Energy (kJ/kcal)	2421 /579	387 /93
Fat (g)	17	3
Sat. Fat (g)	9	2
Carbohydrate (g)	55	9
Sugars (g)	4	1
Protein (g)	50	8
Salt (g)	0.40	0.06

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

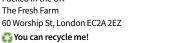
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Roast the Potato

Preheat your oven to 200°C. Chop the potatoes into 2cm pieces (no need to peel!) Pop them onto a large baking tray and drizzle over a little oil. Season with salt and pepper. Toss to coat then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



Prep the Veg

Meanwhile, separate the **broccoli** into **florets** (like small trees!) and pop onto another baking tray. Drizzle with oil, season with salt and pepper then set aside. Halve, peel and chop the **shallot** into small pieces. Peel and grate the garlic (or use a garlic press). Finely chop the parsley (stalks and all).



Prep the Chicken

Put each chicken breast between two sheets of clingfilm and bash with a rolling pin or a frying pan until 2cm thick all over. Put the flour in a large bowl and season with salt and pepper. Mix together. Lay your chicken breast in the bowl, then toss to ensure the **chicken** gets an even coating of **flour**. Repeat with the other **breast(s)**. **IMPORTANT:** Remember to wash your hands after handling chicken and its packaging.



Cook the Chicken

In the final 15 mins of **potato** cooking time, put the **broccoli** on the middle shelf of your oven and roast until tender and golden brown, 12-15 mins. While everything cooks, heat a glug of **oil** in a frying pan on medium-high heat. Once hot, lay in the chicken. Cook until golden brown and cooked through, 5-6 mins on each side. **IMPORTANT**: The chicken is cooked when no longer pink in the middle. Transfer to a chopping board and leave to rest, covered with foil.



Make the Sauce

Don't wash your frying pan, simply return it to medium heat. Add a little more oil, add the shallot and cook until softened, 3-4 mins. Add the garlic and parsley. Cook for 1 minute more. Pour in the cider vinegar and allow it to evaporate. Add the water (see ingredients for amount) and chicken stock powder. Bring to the boil and stir to dissolve the **stock powder**. Lower the heat and vigorously stir in the **butter** until melted and combined.



Finish and Serve

Remove the sauce from the heat. Slice the chicken and serve on plates with the roasted potatoes and **broccoli** on the side and a good drizzle of garlic sauce.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.