



Chicken Piccata

with Buttery Garlic Sauce and Roasted Broccoli

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

7



Potato



Broccoli



Echalion Shallot



Garlic Clove



Flat Leaf Parsley



Chicken Breast



Flour



Cider Vinegar



Chicken Stock Powder



Unsalted Butter

Before you start

Our fruit and veggies need a little wash before you use them!

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	¼ 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.

Contact

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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.