



Chicken Piccata

with garlic butter sauce and roasted broccoli

Calorie Smart 45-50 mins

11



Chicken Breast



Broccoli



Onion



Garlic



Parsley



Potatoes



Red Wine Vinegar



Chicken Stock

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

Aluminum foil, 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
Red Wine Vinegar	1 sachet	2 sachets
Chicken Stock	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	627 g	100 g
Energy (kJ/kcal)	2050.3 kJ/ 490 kcal	327 kJ/ 78.2 kcal
Fat (g)	5.7 g	0.9 g
Sat. Fat (g)	1.3 g	0.2 g
Carbohydrate (g)	61 g	9.7 g
Sugars (g)	6.8 g	1.1 g
Protein (g)	46.2 g	7.4 g
Salt (g)	1.1 g	0.2 g

Nutrition for uncooked ingredients based on 2 person recipe.

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.

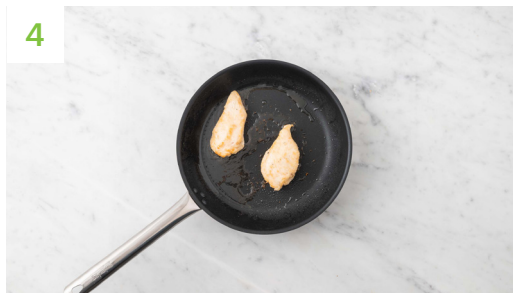


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Roast the Potatoes

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **potatoes** into 2cm pieces (no need to peel) then place on a large (lined) baking tray.
- Drizzle over a little **oil** then season with a pinch of **salt** and **pepper**. Toss to coat.
- Spread out in a single layer and 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.
- As everything cooks, place a pan over medium-high heat with a 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 with foil and leave to rest.



Prep Your Veg

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



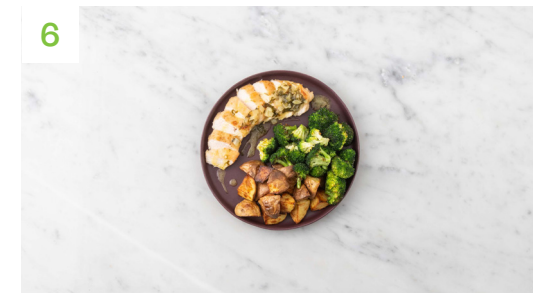
Make the Sauce

- 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 it to evaporate. Add 75ml **water** (double for 4p) and **chicken stock**.
- 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 the **chicken breast** between two sheets of cling film and bash with a rolling pin or a pan until 2cm thick all over.
- Add 3 tbsp **flour** (double for 4p) to a large bowl and season with a pinch of **salt** and **pepper**. Mix together.
- Lay your **chicken breast** in the bowl and toss to ensure it gets an even coating of **flour**.
- Repeat for the other **chicken breast(s)**.
IMPORTANT: Wash hands and equipment after handling raw chicken and its packaging.



Finish and Serve

- Remove the pan from the heat.
- Slice the **chicken** and serve on plates, with the roast **potatoes** and crispy **broccoli** alongside.
- Finish with a generous drizzle of the **garlic butter** sauce.

Enjoy!