



Chicken Piccata in Buttery Garlic Sauce with Roasted Potatoes and Broccoli

26

Calorie Smart 40-45 Minutes • 2 of your 5 a day • Under 650 Calories



Potatoes



Broccoli



Echalion Shallot



Flat Leaf Parsley



Garlic Clove



Chicken Breasts



Cider Vinegar



Chicken Stock Paste

Pantry Items

Oil, Salt, Pepper, Plain Flour, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, baking paper, saucepan, bowl, frying pan and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Broccoli**	1	1	2
Echalion Shallot**	1	1½	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1	2	2
Chicken Breasts**	2	3	4
Cider Vinegar 14	15ml	23ml	30ml
Chicken Stock Paste	10g	15g	20g
Pantry	2P	3P	4P
Plain Flour*	3 tbsp	4 tbsp	6 tbsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	30g	40g	60g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	685g	100g
Energy (kJ/kcal)	2533 /605	370 /88
Fat (g)	17.9	2.6
Sat. Fat (g)	9.3	1.4
Carbohydrate (g)	64.7	9.4
Sugars (g)	9.2	1.3
Protein (g)	53.1	7.8
Salt (g)	1.60	0.23

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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1



Roast the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm chunks (no need to peel).

Pop the **chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two *baking trays if necessary*.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

4



Get Frying

Pop the **broccoli** on the middle shelf of your oven and roast until tender and golden brown, 12-15 mins.

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, lay in the **chicken**. Fry until golden brown and cooked through, 5-6 mins on each side. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*

Once cooked, transfer the **chicken** to a board, cover with foil and allow to rest.

2



Bring on the Broccoli

Meanwhile, cut the **broccoli** into florets (like small trees), halving any large ones. Pop them onto another baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then set aside.

Halve, peel and chop the **shallot** into small pieces. Finely chop the **parsley** (stalks and all).

Peel and grate the **garlic** (or use a garlic press).

5



Make the Garlic Sauce

Return your (now empty) frying pan to medium heat with a drizzle of **oil**.

Add the **shallot** and cook until softened, 4-5 mins. Stir in the **garlic** and cook for 30 secs. Pour in the **cider vinegar** and allow it to evaporate, another 30 secs. Add the **water for the sauce** (see pantry for amount) and **chicken stock paste**. Bring to the boil, then lower the heat and simmer for 1-2 mins.

Stir through the **butter** (see pantry for amount) and **parsley** until melted. Simmer until thickened, 2-3 mins. Remove from the heat.

3



Prep the Chicken

Sandwich each **chicken breast** between two pieces of baking paper or cling film. Pop onto a board, then give it a bash with the bottom of a saucepan until it's 1-2cm thick. Put the **flour** (see pantry for amount) in a medium bowl with a good pinch of **salt** and some **pepper** and mix together.

Lay your first **chicken breast** in the bowl, then toss to ensure the **chicken** gets an even coating of **flour**. Repeat with the remaining **chicken**. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging.*

6



Finish and Serve

Cut the **chicken** widthways into 2cm thick slices, then share between your plates.

Serve with the **roasted potatoes** and **broccoli** alongside. Drizzle the **butter sauce** over the **chicken** to finish.

Enjoy!