



## Chicken Piccata With Crispy Potatoes & Green Beans

A delightful combination of flavors and textures, this dish features tender chicken fillets in a tangy lemon-caper sauce, brightened with parsley. Served with crispy roasted baby potatoes and tender green beans for a fresh, flavourful meal.

### Nutritional Info

Calories: 427 kcal  
Carbohydrates: 52 g  
Protein: 32 g  
Fat: 11 g

### Ingredients

- Chicken Fillet
- Green beans
- Parsley
- Baby Potatoes
- Lemon
- Shallot
- Garlic
- Capers
- Chicken stock cube
- Plain Flour

### Your Pantry

- Olive Oil
- Salt
- Pepper
- Butter

### Allergens

Wheat (Flour)  
Celery (Stock cube - may also contain traces of Egg, Soya & Mustard)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*

### 1) Boil the kettle and preheat the oven to 200°C

Make the stock up to 400 ml per stock cube then set aside 100 ml per person portion to use in the dish.

### 2) Prepare the potatoes

Cut the potatoes in half and add to a baking tray with a good drizzle of olive oil, salt and pepper. Toss and place in the oven for 25-30 minutes, turning half way through. While the potatoes cook..

### 3) Prepare the vegetables

Peel and finely slice the shallot and garlic. Cut the green beans in half. Finely chop the parsley.

### 4) Prepare the chicken

Wrap your chicken in clingfilm/baking parchment or place in a sandwich bag and seal. Use a rolling pin or other (safe) object to bash the chicken flat. If you don't have anything to flatten the chicken with, simply butterfly your chicken and open it out completely.

Sprinkle the flour onto a plate and season with salt and pepper, giving a quick mix. Lay your chicken into the flour, coating both sides. Set aside.

### 5) Cook the chicken

Place a non-stick frying pan on medium heat with a drizzle of oil and a knob of butter (the oil stops the butter burning). Once hot, lay the chicken into the pan. Fry for 3-5 minutes on each side or until cooked through and golden brown. Remove from the pan and set aside.

### 6) Make the sauce

Place the pan back on the heat with a drizzle of oil. Add the shallots and garlic. Cook for 3-4 minutes or until softened, then add the green beans, stock, capers. Leave to simmer for about 4-5 minutes or until the stock has reduced by half and the beans are tender.

### 7) Finish the dish

Stir in the juice of ¼ lemon per person, the parsley and a knob of butter. Serve crispy new potatoes on plates and then lay the chicken on top. Spoon the sauce and beans over the chicken.



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