

Chicken Piccata

with Cauliflower Mash

hellóchef

This simple Italian classic pairs butter and lemon perfectly.

Cals 684 • Prot 58 • Carbs 39 • Fat 34

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🕒 cook: 30 min

R2884



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken piccata	2 ppl	3 ppl	4 ppl	
Chicken breast	400	600	800	Grams
Shallots	1	2	2	Piece
Garlic cloves	2	3	4	Piece
Lemon	1	2	2	Piece
Fresh parsley	15	30	30	Grams
Water	150	225	300	ML
Chicken stock cube 4*, 5*, 9*, 15*	1	1	1	Piece
Plain flour 10*, 11*	15	20	30	Grams
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp
Vegetable oil	2	2	4	Tbsp
Capers	20	30	40	Grams
Butter 4*	50	100	100	Grams
Cauliflower mash				
Cauliflower	600	800	1200	Grams
Cream cheese 4*	80	120	160	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	1	Tsp

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2845 / 684
Fat (g)	33.7
of which saturates (g)	21.1
Carbohydrate (g)	39
of which sugars (g)	12.5
Fiber (g)	10.2
Protein (g)	57.5
Salt (g)	4.5

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Make cauli mash

Chop the **cauliflower** into small florets. Bring a large pot of salted water to a boil. Add the **cauliflower** and cook, covered, for 10-12 min until soft. Once soft, drain the cooked **cauliflower** and add it to a food processor with the **cream cheese**. Blitz until smooth. Season well with **salt** and **pepper**. Keep covered until serving.



2 Prep vegetables

Meanwhile, peel and finely chop the **shallots** and **garlic**. Wash the **lemon** thoroughly and grate its **zest** with a fine blade, taking care to avoid its bitter white pith. Juice half of the **lemon** and slice the remaining **lemon** into round slices. Chop the **parsley**. Boil the **measured water** and dissolve the [0.5/1/1] **stock cube** in it.



3 Prep chicken

Slice each **chicken breast** in half as if you were cutting a burger bun, so you are left with two thinner **chicken** escalopes. Add the **flour** to a plate and season it with **salt** and **pepper**. Turn the **chicken** escalopes in the seasoned **flour**.



4 Fry chicken

Heat a pan over a medium-high heat with a drizzle of **oil**. Once hot, add the coated **chicken breasts** and fry for 2-3 min on each side until nicely browned and cooked through (fry in batches). Transfer to a plate, reserve the pan (don't wash it).



5 Make sauce

Return the pan to a medium heat and loosen any sticky bits with a spatula. Add a second drizzle of **oil**, the **shallots**, **garlic** and a pinch of **salt**. Cook for 1-2 min. Add the **stock**. Bring to a simmer and cook for 3 min or until the liquid has reduced by 1/3.



6 Serve

Add the **capers** with their juice and a few **lemon** slices. Remove the pan from the heat and add the **butter**, [1/1.5/2] Tbsp of **lemon juice** and {0.5/0.75/1} tsp of **lemon zest**. Whisk until the sauce begins to thicken. Return the **chicken breasts** to the pan. Season with a pinch of **black pepper**. Serve the **cauliflower puree** to the side.

Tip! Stirring cold butter into a sauce at the end creates a glossy finish and helps to thicken it.