



FAST
LOW CALORIE

Chicken Piccata Salad

with Fingerling Potatoes & Arugula

30min 2 Servings

Now, this is a main-course salad we can get behind. We've taken an Italian restaurant favorite, chicken piccata, and serve it with peppery arugula, green beans, and fingerling potatoes instead of the usual pasta. Don't worry, though, you'll still have the lemon-caper butter sauce that makes piccata so good—it's actually a warm dressing you drizzle over the entire dish.

What we send

- ½ lb fingerling potatoes
- ½ lb green beans
- 1 lemon
- ¼ oz fresh parsley
- garlic (use 1 large clove)
- 12 oz pkg boneless, skinless chicken breasts
- 1 oz capers ¹²
- 1 pkt chicken broth concentrate
- 3 oz arugula

What you need

- kosher salt & ground pepper
- olive oil
- butter ⁷

Tools

- medium saucepan
- colander
- medium skillet
- microplane or grater

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Milk (7), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 630kcal, Fat 37g, Carbs 33g, Proteins 40g



1. Cook potatoes & beans

Scrub **potatoes**, then quarter lengthwise. Transfer to a medium saucepan, cover with 1 inch water, and add **1 tablespoon salt**. Cover and bring to a boil. Uncover and cook until potatoes are just tender, 2-3 minutes. Meanwhile, trim **green beans**, then snap in half. Transfer to saucepan with potatoes; cook until potatoes are tender and green beans are crisp-tender, 3-4 minutes. Drain well.



4. Brown chicken

Pat **chicken** dry, then pound to an even thickness, if necessary. Season all over with **salt** and **pepper**. Heat **2 tablespoons oil** in a medium skillet over medium-high. Add chicken to skillet and cook until browned and cooked through, 3-4 minutes per side. Transfer to a plate.



2. Prep ingredients

Finely grate **½ teaspoon lemon zest**, then separately squeeze **1 tablespoon of lemon juice** into a small bowl. Cut any remaining lemon into wedges. Coarsely chop **parsley leaves and stems** together. Peel and finely chop **1 teaspoon garlic**.



5. Build dressing

Reduce heat to medium. Add **garlic**, **capers**, and **1 tablespoon oil** to same skillet and cook, stirring, until fragrant, about 15 seconds. Stir in **lemon juice**, **chicken broth concentrate**, and **¼ cup water**. Bring to a brisk simmer, then remove from the heat. Whisk in **1 tablespoon butter**. Season to taste with **salt** and **pepper**.



3. Season vegetables

In a medium bowl, combine **lemon zest** and **2 teaspoons oil**. Transfer **potatoes**, **green beans**, and **parsley** to bowl; stir to combine. Season to taste with **salt** and **pepper**.



6. Finish & serve

In a medium bowl, toss **arugula** with **1 teaspoon oil**, then season with **salt** and **pepper**. Serve arugula, **green beans**, and **potatoes** topped with **chicken**, then spoon **warm dressing** over top. Serve with **any lemon wedges** on the side for squeezing over. Enjoy!