



Chicken Piccata Meatballs

with Cauliflower Mash & Green Beans



30-40min



2 Servings

Low carb doesn't mean boring! Fresh lemon, briny capers, and sweet shallots come together to make a rich sauce that perfectly coats tender chicken meatballs—channeling all of the flavors of a classic chicken piccata. Served on top of cauliflower mash, made extra creamy thanks to the addition of mascarpone cheese, and alongside tender green beans.

What we send

- 1 head cauliflower (use half)
- 4 oz mascarpone (use ¼ c) ⁷
- 1 shallot
- 1 lemon
- ½ lb green beans
- ¾ oz piece Parmesan ⁷
- 10 oz ground chicken
- 1 pkt chicken broth concentrate
- 1 oz capers ¹²

What you need

- kosher salt & ground pepper
- 1 large egg ³
- olive oil
- butter ⁷

Tools

- medium saucepan
- potato masher or fork
- microplane or grater
- medium nonstick skillet
- rimmed baking sheet

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

Egg (3), 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 620kcal, Fat 39g, Carbs 27g, Proteins 45g



1. Make cauliflower mash

Cut **half of the cauliflower** into 1-inch florets (save rest for own use). Fill a medium saucepan with **salted water**; add cauliflower. Cover; bring to a boil. Simmer until tender, about 15 minutes. Drain cauliflower well; return to saucepan. Use a potato masher or fork to mash cauliflower with **¼ cup mascarpone** until combined. Season with **salt** and **pepper**. Cover to keep warm.



4. Make sauce

Add **remaining shallots** to same skillet; cook, stirring, over medium-high until lightly browned, 2-3 minutes. Add **broth concentrate, lemon zest and juice, capers**, and **½ cup water**. Return **meatballs** to skillet; bring sauce to a simmer. Cook, basting meatballs with a spoon, until sauce is thickened and meatballs are cooked through, 3-5 minutes. Stir in **2 tablespoons butter**.



2. Prep ingredients

Meanwhile, finely chop **shallot**. Zest **lemon**, then squeeze **2 tablespoons juice** into a small bowl. Cut any remaining lemon into wedges. Trim **green beans**. Finely grate **Parmesan** into a medium bowl. To the bowl, add **ground chicken, half of the shallots, 1 large egg, ½ teaspoon salt**, and **a few grinds of pepper**; stir to combine (mixture will be wet).



5. Broil green beans

On a rimmed baking sheet, toss **green beans** with **1 tablespoon oil** and a **generous pinch each of salt and pepper**. Broil **green beans** on top oven rack until tender and lightly charred, about 5 minutes (watch closely as broilers vary).



3. Brown meatballs

Preheat broiler with top rack 6 inches from heat source. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Use 2 spoons to scoop 10 (2-inch) mounds of **chicken mixture** into skillet. Cook, turning occasionally, until browned all over but not cooked through, 4-5 minutes. Transfer **meatballs** to a plate.



6. Serve

Serve **cauliflower mash** topped with **chicken meatballs and sauce** and with **green beans** alongside. Pass **any lemon wedges** at the table for squeezing over top, if desired. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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