



## 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  $\frac{1}{4}$  c)
- 1 shallot
- 1 lemon
- $\frac{1}{2}$  lb green beans
- $\frac{3}{4}$  oz piece Parmesan <sup>7</sup>
- 10 oz ground chicken
- 1 pkt chicken broth concentrate
- 1 oz capers <sup>12</sup>

## What you need

- kosher salt & ground pepper
- 1 large egg <sup>3</sup>
- olive oil
- butter <sup>7</sup>

## 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  **$\frac{1}{4}$  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  **$\frac{1}{2}$  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**,  **$\frac{1}{2}$  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!