



Meatless Chik'n Piccata

with Parmesan Cauli Mash & Garlic Spinach



ca. 20min



2 Servings

| This recipe is customized with cauliflower rice!

What we send

- 12 oz cauliflower rice
- $\frac{3}{4}$ oz Parmesan ⁷
- 1 lemon
- 5 oz baby spinach
- 7 oz pkg plant-based chik'n cutlet ¹
- 1 oz capers ¹⁷
- $\frac{1}{4}$ oz fresh parsley

What you need

- kosher salt & ground pepper
- 4 Tbsp butter ⁷
- olive oil
- garlic

Tools

- medium saucepan
- potato masher or fork
- microplane or grater
- medium skillet

Cooking tip

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Allergens

Wheat (1), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 950kcal, Fat 64g, Carbs 69g, Protein 27g



1. Make cauliflower mash

In a medium saucepan, combine **cauliflower rice**, **1 cup water**, and a **generous pinch of salt**. Bring to a boil. Cover, reduce to medium-low, and cook until the cauliflower is tender, 8-10 minutes. Drain well and return to pot. Use a potato masher or fork to mash cauliflower with **2 tablespoons each of butter and milk**. Season to taste with **salt** and **pepper**. Cover to keep warm.



4. Fry chik'n cutlets

Heat **3 tablespoons oil** in same medium skillet over medium-high until shimmering. Add **chik'n cutlets** and fry until golden brown, crispy, and warmed through, 2-4 minutes per side (reduce heat if browning too quickly).

Transfer chik'n cutlets to a paper towel-lined plate and season lightly with **salt** and **pepper**.



2. Prep ingredients

Meanwhile, finely chop **2 teaspoons garlic**. Finely grate **Parmesan**.

Into a small bowl, finely grate **1 teaspoon lemon zest** and squeeze **2 teaspoons lemon juice**. Cut remaining lemon into wedges.



5. Make sauce

Discard any **remaining oil** in skillet and reduce heat to medium.

Add **capers, lemon zest and juice, remaining chopped garlic, 2 tablespoons butter**, and **1 tablespoon water**. Cook, stirring, until butter is melted and sauce is fragrant. Remove from heat and season to taste with **salt** and **pepper**.



3. Sauté spinach

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **spinach** and **half of the chopped garlic**. Cook, stirring, until spinach is just wilted. Season with **salt** and **pepper**; transfer to a bowl and cover to keep warm.



6. Finish & serve

Coarsely chop **parsley**. To **cauliflower mash**, stir in **Parmesan**; season to taste with **salt** and **pepper**.

Spoon **cauliflower mash** onto plates next to **sautéed spinach**. Place **chik'n** on top, with **piccata sauce** spooned over. Garnish with **parsley**. Enjoy!

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

View the recipe online by visiting your account at marleyspoon.com #marthaandmarleyspoon