



## Low-Carb Chicken Piccata Meatballs

with Cauliflower Mash & Green Beans



30-40min



2 Servings

Low carb doesn't mean boring! Fresh lemon, briny capers, and 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
- 3 oz mascarpone <sup>7</sup>
- 1 shallot
- 1 lemon
- ½ lb green beans
- ¾ oz Parmesan <sup>7</sup>
- 10 oz pkg ground chicken
- 1 pkt chicken broth concentrate
- 1 oz capers <sup>17</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

## Allergens

Egg (3), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 710kcal, Fat 50g, Carbs 27g, Protein 48g



### 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 shallot** 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 with Parmesan, add **ground chicken, half of the shallot, 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 a rack in the top position. 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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