



Chicken Piccata Salad

with Fingerling Potatoes & Green Beans



30min



2 Servings

Now this is a main-course salad we can get behind. We take 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, 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
- ¼ oz fresh parsley
- garlic
- 1 lemon
- 12 oz pkg boneless, skinless chicken breasts
- 1 oz capers ¹⁷
- 1 pkt chicken broth concentrate
- 5 oz arugula

What you need

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

Tools

- medium saucepan
- microplane or grater
- medium skillet

Allergens

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

Nutrition per serving

Calories 550kcal, Fat 29g, Carbs 31g, Protein 45g



1. Cook potatoes & beans

Scrub **potatoes**; quarter lengthwise. Place in a medium saucepan with **1 tablespoon salt** and enough **water** to cover by 1 inch. Cover and bring to a boil. Uncover and cook until just tender, 2-3 minutes.

Trim **green beans**, then snap in half. Add to saucepan with potatoes. Cook until potatoes are tender and green beans are crisp-tender, 3-4 minutes. Drain well.



4. Cook chicken

Pat **chicken** dry and pound to an even ½-inch thickness, if desired. Season all over with **salt** and **pepper**.

Heat **2 tablespoons oil** in a medium skillet over medium-high. Add chicken and cook until browned and cooked through, 3-4 minutes per side. Transfer to a plate.



2. Prep ingredients

Meanwhile, coarsely chop **parsley leaves and stems**. Finely chop **1 teaspoon garlic**.

Finely grate **½ teaspoon lemon zest** and squeeze **1 tablespoon lemon juice**, keeping separate. Cut any remaining lemon into wedges.



5. Make dressing

In same skillet over medium heat, add **chopped garlic, 1 tablespoon capers, and 1 tablespoon oil**. Cook, stirring, until fragrant, about 15 seconds. Stir in **lemon juice, broth concentrate, and ¼ cup water**. Bring to a brisk simmer.

Off heat, whisk in **1 tablespoon butter**; season to taste with **salt** and **pepper**.



3. Season vegetables

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






6. Finish & serve

In a medium bowl, toss **arugula** with **1 teaspoon oil**; season with **salt** and **pepper**.

Serve **chicken** over **arugula, green beans, and potatoes**; spoon **warm dressing** over top. Serve with **any lemon wedges** alongside. Enjoy!

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

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