



Low-Carb Chicken Piccata & Spaghetti Squash

with Spinach, Capers & Parmesan



20-30min



2 Servings

Who needs heavy pasta when you can have spaghetti squash? These au naturale noodles reduce the carbs while maintaining delicious flavor with spinach, garlic, Parmesan, and parsley. Alongside, a savory chicken piccata brightened by bursts of capers and lemon completes this light yet satisfying meal.

What we send

- 1 shallot
- garlic
- ¾ oz Parmesan ¹
- 1 lemon
- 1 pkt chicken broth concentrate
- 12 oz pkg boneless, skinless chicken breasts
- 1 oz capers
- 5 oz baby spinach
- ¼ oz fresh parsley
- ¼ oz cornstarch
- 2 (8 oz) spaghetti squash

What you need

- kosher salt & ground pepper
- olive oil
- butter ¹

Tools

- microplane or grater
- medium skillet
- medium nonstick skillet

Allergens

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

Nutrition per serving

Calories 510kcal, Fat 25g, Carbs 24g, Protein 48g

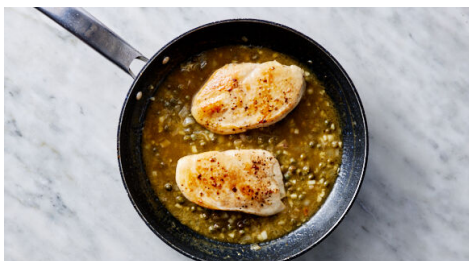


1. Prep ingredients

Remove skin from **spaghetti squash** and squeeze out any excess water. Gently scrape with a fork to pull apart into thin strands.

Finely chop **half of the shallot** (save rest for own use). Finely chop **2 teaspoons garlic**.

Finely grate **Parmesan**.



4. Cook sauce

To same skillet, add **1 tablespoon butter** and **shallots**; cook, stirring, until softened, 2-3 minutes. Add **lemon zest** and **half of the garlic**; cook until fragrant. Add **broth mixture** and **capers**; bring to a simmer. Cook until slightly thickened, about 1 minute. Season to taste with **salt** and **pepper**. Add **chicken and any resting juices**. Reduce heat to low to keep warm.



2. Prep sauce

Zest **half of the lemon** and squeeze **2 teaspoons juice** into a small bowl. Stir in **broth concentrate**, **⅓ cup water**, and **½ teaspoon cornstarch**.

Cut **remaining lemon** into wedges.



5. Cook spaghetti squash

Heat **1 tablespoon oil or butter** in a separate medium nonstick skillet over medium-high. Add **spinach** and **remaining chopped garlic**; cook until fragrant and spinach is wilted. Add **spaghetti squash** and toss until warmed through. Season to taste with **salt** and **pepper**.



3. Cook chicken

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

Heat **1 tablespoon 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; reduce heat to medium.



6. Finish & serve

Coarsely chop **parsley**. Slice **chicken**, if desired.

Serve **chicken** and **piccata sauce** over **spaghetti squash**. Garnish with **Parmesan** and **parsley**. Enjoy!