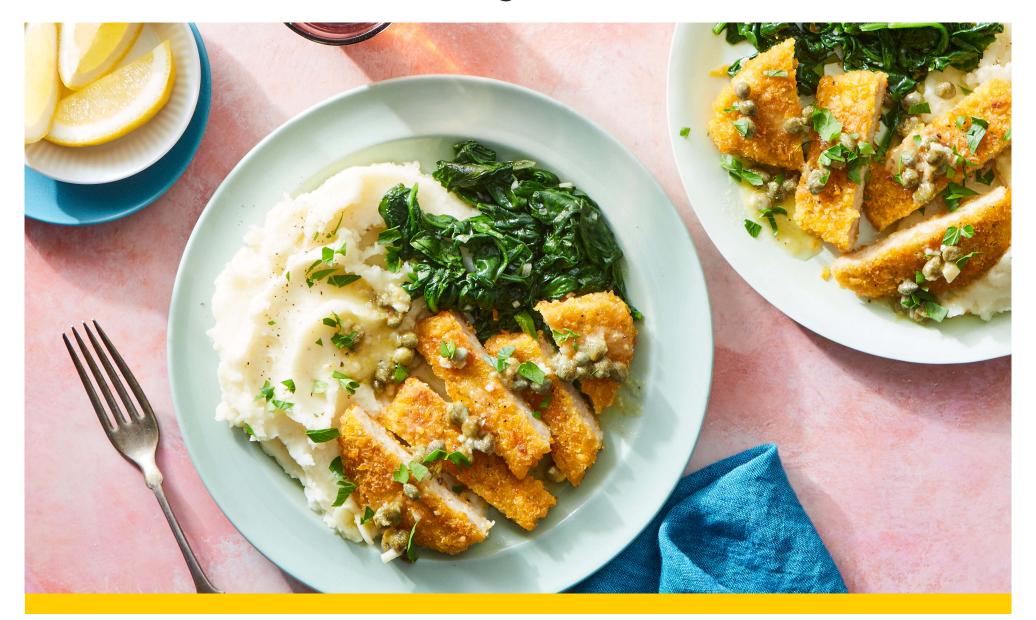
MARLEY SPOON



Chicken Piccata & Parmesan Cauliflower Mash

featuring Ready to Heat Chicken Cutlet

We're giving traditional chicken piccata a crispy makeover with our ready to heat chicken cutlets. We pan fry them to golden, crispy perfection, then drizzle a classic lemony butter-caper sauce over top. Silky, cheesy cauliflower mash cozies up to a quick and easy side of sautéed spinach for your daily dose of greens.

🗟 ca. 20min 🔌 2 Servings

What we send

- 12 oz cauliflower rice
- garlic
- ¾ oz Parmesan 7
- 1 lemon
- 5 oz baby spinach
- ½ lb pkg ready to heat chicken cutlets ^{1,3,7}
- 1 oz capers ¹⁷
- ¼ oz fresh parsley

What you need

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

Tools

- medium saucepan
- microplane or grater
- medium skillet

Allergens

Wheat (1), 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 810kcal, Fat 68g, Carbs 28g, Protein 27g



We've tailored the instructions below to match your recipe choices. Happy cooking!

1. Cook cauliflower rice

Add **cauliflower rice** to a medium saucepan. Add enough **salted water** to cover by 1 inch. Cover and bring to a boil over high heat. Reduce heat to medium, uncover, and cook until tender, 4-6 minutes. Reserve **¼ cup cooking liquid**, then drain and return cauliflower to saucepan with **2 tablespoons butter**. Cover to keep warm until step 6.



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.



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.



4. Fry chicken cutlets

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

Transfer chicken cutlets to a paper towellined plate and season lightly with **salt** and **pepper**.



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**.



6. Finish & serve

Coarsely chop **parsley**. Mash **cauliflower rice** with a potato masher or fork. One tablespoon at a time, stir in **reserved cooking liquid**, until smooth and creamy. Add **Parmesan**. Season to taste with **salt and pepper**.

Spoon **mashed cauliflower** onto plates next to **sautéed spinach**. Place **chicken** on top, with **piccata sauce** spooned over. Garnish with **parsley**. Enjoy!