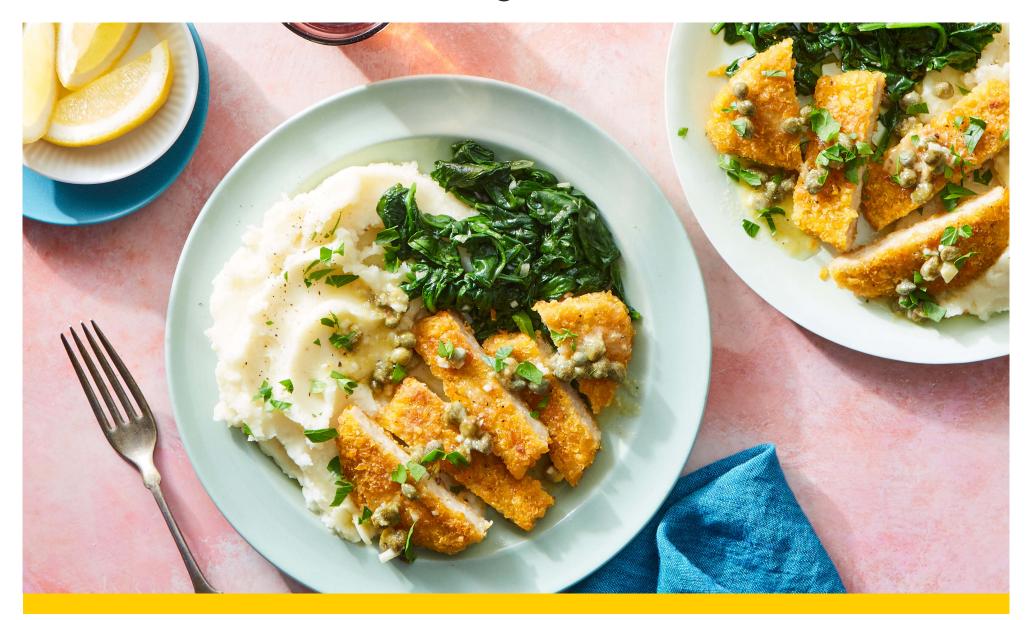
# MARLEY SPOON



# **Chicken Piccata & Parmesan Cauliflower Mash**

featuring Ready to Heat Chicken Cutlet





#### 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 <sup>17</sup>
- 1/4 oz fresh parsley

## What you need

- · kosher salt & ground pepper
- 4 Tbsp butter <sup>7</sup>
- · 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



#### 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!