

# DINNERLY

## Low Carb: Chicken Piccata

with Sautéed Garlic Kale



2 Servings

#### WHAT WE SEND

- 10 oz pkg boneless, skinless chicken breast
- 1 bunch curly kale
- ¼ oz fresh parsley
- 1 oz capers <sup>17</sup>
- 1 lemon
- 1 pkt crushed red pepper
- 1 pkt chicken broth concentrate

#### WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- unsalted butter <sup>7</sup>

#### TOOLS

- 2 medium skillets

#### ALLERGENS

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

#### NUTRITION PER SERVING

Calories 0kcal

