



Chicken Piccata & Parmesan Cauliflower Mash

featuring Ready to Heat Chicken Cutlet



ca. 20min



2 Servings

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.

What we send

- 12 oz cauliflower rice
- garlic
- ¾ oz Parmesan ²
- 1 lemon
- 5 oz baby spinach
- ½ lb pkg ready to heat chicken cutlets ^{1,2,3}
- 1 oz capers
- ¼ oz fresh parsley

What you need

- kosher salt & ground pepper
- 4 Tbsp butter ²
- olive oil

Tools

- medium saucepan
- microplane or grater
- medium skillet

Allergens

Egg (1), Milk (2), Wheat (3). 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.



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 towel-lined plate and season lightly with **salt and pepper**.



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.



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**.



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.



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!