

DINNERLY



Low-Carb Chicken Piccata with Sautéed Garlic Kale



40-50min



2 Servings

Mirror, mirror on the wall, who's the best piccata of them all? Our vote is for chicken, but let your tastebuds decide. We've got you covered!

WHAT WE SEND

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

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- ¼ c + 2 tablespoons olive oil
- ¼ c all-purpose flour (or gluten-free alternative)
- unsalted butter ¹

TOOLS

- large saucepan
- microplane or grater
- colander
- meat mallet (or heavy skillet)
- large skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 740kcal, Fat 56g, Carbs 18g, Protein 38g



1. Prep ingredients

Bring a large saucepan of **salted water** to a boil.

Finely chop **1 tablespoon garlic**. Finely chop **parsley leaves**; discarding stems. Zest **half of the lemon** and squeeze **1 tablespoon juice**.

Strip **kale leaves** from tough stems; discard stems and tear or chop leaves into 3-inch pieces.



2. Cook kale

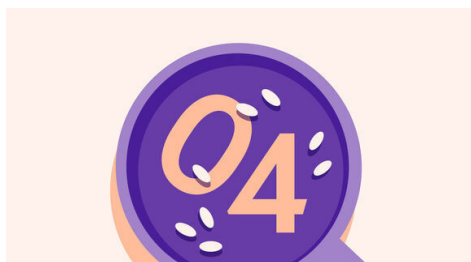
Add **kale** to boiling water; cook until dark green and tender, 4–5 minutes. Drain kale and return saucepan to medium heat with **crushed red pepper, half of the garlic**, and **¼ cup oil**. Cook until garlic is just starting to brown, 2–3 minutes. Add **kale** and cook, stirring occasionally, until very tender, 3–4 minutes; season with **salt and pepper**. Remove from heat and keep warm.



3. Cook chicken

Pat **chicken** dry; pound to an even ½-inch thickness and season all over with **salt and pepper**. Spread **¼ cup flour** in a shallow dish. Working 1 at a time, dredge both sides of **chicken**, shaking off excess.

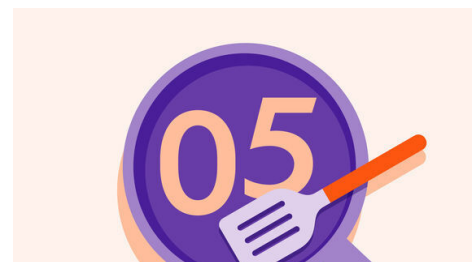
Heat **2 tablespoons oil** in a large skillet over medium-high. Add **chicken** and cook until golden-brown and cooked through, 2–3 minutes per side.



4. Cook sauce

Transfer **chicken** to a plate.

Add **remaining chopped garlic** to **remaining oil** in skillet; cook until fragrant, about 30 seconds. Add **capers, broth concentrate, lemon zest and juice**, and **½ cup water**. Bring to a simmer over high heat, scraping up any browned bits from bottom of skillet. Cook until sauce is reduced by half, 1–2 minutes.



5. Finish & serve

Off heat, whisk in **2 tablespoons butter** until **sauce** is creamy and fully combined. Season sauce to taste with **salt and pepper**. Stir in **parsley**. Return **chicken** to skillet and spoon sauce over top to re-warm.

Serve **chicken piccata** with **kale**. Enjoy!



6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.