



Meatless Chik'n Piccata

with Parmesan Mash & Garlic Spinach



ca. 20min



2 Servings

You won't find any meatless woes here! We're giving traditional chicken piccata a meat-free makeover by substituting plant-based chik'n cutlets. We fry the cutlets to golden, crispy perfection, then drizzle a classic lemony butter-caper sauce over top. Silky mashed potatoes cozy up to a quick and easy side of sautéed spinach for your daily dose of greens.

What we send

- 2 russet potatoes
- garlic
- ¾ oz Parmesan ⁷
- 1 lemon
- 5 oz baby spinach
- 7 oz pkg plant-based chik'n cutlet ¹
- 1 oz capers ¹²
- 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), Milk (7), Sulphur dioxide and sulphites (12). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

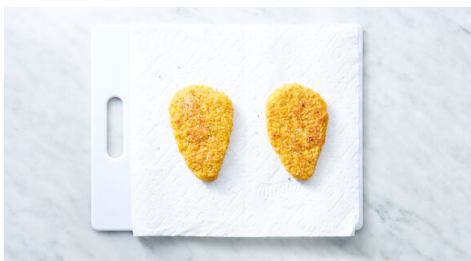
Calories 950kcal, Fat 64g, Carbs 69g, Protein 27g



1. Cook potatoes

Peel **potatoes**; cut into 1-inch pieces. Place in 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 easily pierced with a fork, 10-12 minutes.

Reserve **¼ cup cooking liquid**, then drain and return potatoes to saucepan with **2 tablespoons butter**. Cover to keep warm until step 6.



4. Fry chik'n cutlets

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

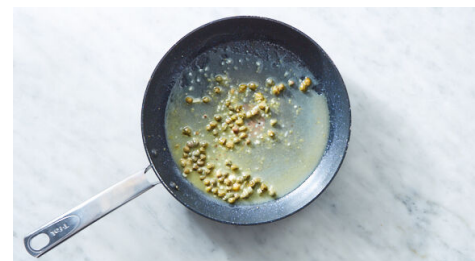
Transfer chik'n cutlets to a paper towel-lined plate and season lightly with **salt** and **pepper**.



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 **potatoes** with a potato masher or fork. Stir in **reserved cooking liquid** and **Parmesan**. Season to taste with **salt** and **pepper**.

Spoon **mashed potatoes** onto plates next to **sautéed spinach**. Place **chick'n** on top, with **piccata sauce** spooned over. Garnish with **parsley**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com    **#marthaandmarleyspoon**