

DINNERLY



Roasted Cauliflower & Chickpea Piccata with Basmati Rice



30-40min



2 Servings

We're breaking the piccata rules, one veg at a time! Ditch the meat and let the all-star C's, cauliflower and chickpea, redefine a classic. We've got you covered!

WHAT WE SEND

- 5 oz basmati rice
- 1 head cauliflower
- 15 oz can chickpeas
- 1 red onion
- 1 lemon
- 1 oz capers
- 10 oz pkg boneless, skinless chicken breast

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- garlic
- butter ¹

TOOLS

- small saucepan
- rimmed baking sheet
- microplane or grater
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 790kcal, Fat 45g, Carbs 101g, Protein 21g



1. Cook rice

Preheat oven to 450°F with a rack in the lower third. In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt** and bring to a boil. Cover; cook over low until liquid is absorbed, 17–20 minutes. Remove from heat and keep covered.



2. Prep cauli & chickpeas

Trim stem ends from **cauliflower**, then chop crowns into 1½-inch florets. Drain and rinse **chickpeas**. Pat as dry as possible with a paper towel.

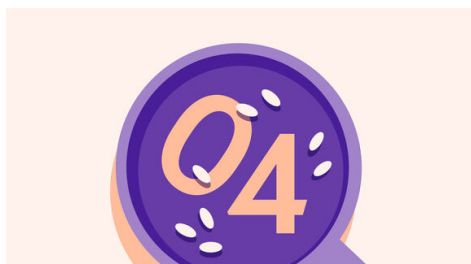
Toss cauliflower and chickpeas on a rimmed baking sheet with **3 tablespoons oil**; season with **salt** and **pepper**.



3. Roast cauli & chickpeas

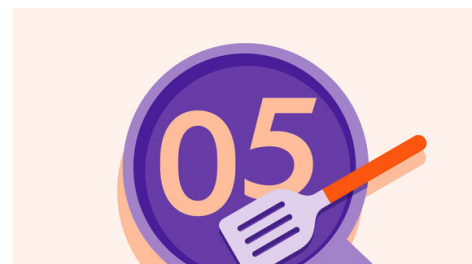
Roast **cauliflower** and **chickpeas** on lower oven rack until cauliflower is tender and browned in spots and chickpeas are deeply golden, 20–25 minutes.

Meanwhile, finely chop **half of the onion** (save rest for own use). Finely chop **2 teaspoons garlic**. Zest **half of the lemon** and squeeze **1 tablespoon juice**.



4. CHICKEN VARIATION

Pat **chicken** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until golden brown and cooked through, 3–4 minutes per side. Transfer to a cutting board to rest, 5 minutes.



5. Make piccata sauce

Heat **1 tablespoon oil** in same skillet over medium-high. Add **onions**; cook, stirring, until softened, 3–4 minutes. Add **chopped garlic**; cook until fragrant, 1 minute. Add **½ cup water**; bring to a boil. Reduce heat to low, then stir in **capers**, **lemon zest** and **juice**, and **2 tablespoons butter**. Cook, stirring, until butter is melted. Season with **salt** and **pepper**.



6. Finish & serve

Slice **chicken**, if desired.

Fluff **rice** with a fork. Serve **roasted cauliflower and chickpeas** and **chicken** over **rice** with **piccata sauce** spooned over top. Enjoy!