



Chicken Piccata

Serves 4

1 lb. (450g) chicken breast
3.5 oz. (100g) butter
¼ cup (50g) capers, drained
3 lemons, zested, juiced
½ cup (30g) parsley, chopped
salt & pepper

What you need to do

1. Place a chicken breast between 2 sheets of cling film. Use a meat mallet, or rolling pin, to gently pound the chicken until it is approximately 1.5cm thick. Season well with salt and pepper.
2. Heat ¼ of the butter in a large pan over a medium-high heat and cook the chicken. Cook for 4 minutes each side or until golden brown. Transfer to a plate and set aside.
3. Add the remaining butter to the pan. Cook, stirring, for 2-3 minutes or until the butter melts and turns a golden brown color.
4. Add the capers to the butter and cook for 1 minute. Add the lemon juice and half the lemon zest, and mix through. Now place the chicken and any juices back in the pan. Cook, turning occasionally, for 2-3 minutes or until chicken is cooked through and the sauce has thickened slightly.
5. To serve, sprinkle with parsley and remaining lemon zest.

GF LC MP HP Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	328	23	4	26

*Nutrition per serving

