



## Chicken Piccata + Cauliflorini

Total Time: 25-35 minutes

Serves 4



### What's in the Box

- 2 packs chicken breasts
- 2 packs cauliflorini
- 1 head garlic
- 1 bunch parsley
- 1 (3.5 oz.) jar capers
- 1 lemon

### From Your Kitchen

- 1 cup flour
- 1/2 cup extra virgin olive oil
- 1/2 cup white wine
- 2 Tbs. unsalted butter
- Salt and pepper, to taste

### Equipment

- 1 rimmed sheet pan
- 1 (10-inch) sauté pan
- Knife
- Cutting board
- Mallet or small sauté pan
- Large mixing bowl
- Measuring cups and measuring spoons

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## To Prepare Chicken

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### Ingredient Prep

4 chicken breasts,  
cartilage removed from  
each and halved  
(for a total of 8 pieces)

1 cup flour

6 Tbs. extra virgin olive oil

4 cloves garlic,  
peeled and sliced

1/2 cup white wine

3 Tbs. drained capers  
(about half the jar)

2 Tbs. unsalted butter

2 Tbs. chopped parsley

1 lemon, juiced



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Place chicken pieces between two sheets plastic wrap; using mallet or bottom of small pan, pound chicken into 1/4-inch thick slices. Season both sides of chicken with salt and pepper. Coat in flour; let sit 5 minutes.

In large sauté pan over medium heat, warm 2 Tbs. olive oil. When oil is hot, add chicken, in batches, making sure not to crowd the pan. Cook about 4 minutes, turning once, or until browned on both sides and the chicken reaches an internal temperature of 165°F.

Once browned, remove chicken to plate. Repeat with remaining chicken and remaining 4 Tbs. olive oil. This most likely will take three rounds for eight pieces.

Reduce heat to low; add sliced garlic and cook 1 minute, or until the garlic begins to toast. Increase the heat to high; add wine and scrape the brown bits from the bottom of the pan. Cook until the wine has reduced down.

Reduce heat to medium; add capers and butter. Stir to combine; cook until reduced down to your desired sauce consistency. Stir in parsley. Return chicken to the pan and coat in sauce. Finish with lemon juice.



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## To Prepare Cauliflorini

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### Ingredient Prep

Cauliflorini, trimmed,  
washed, and dried

5 garlic cloves, peeled  
and chopped

2 Tbs. extra virgin olive oil

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Heat oven to 400°F. Clean cauliflorini. Trim and remove bottoms from stems.

In large mixing bowl, combine cauliflorini, chopped garlic, olive oil, and salt and pepper, to taste.

Arrange cauliflorini on sheet pan, in a single layer, leaving space between each piece. Roast 12-15 minutes, or until the crowns are golden brown at the end and the stems are cooked through.

Evenly divide chicken, with sauce, and cauliflorini amongst four plates.

