

# CHICKEN PICCATA



Serves: 4  
Prep: 10 mins  
Cook: 20 mins



Nutrition per  
serving:  
328 kcal  
23g Fats  
4g Carbs  
26g Protein



GF

LC

MP

HP

Q

## WHAT YOU NEED

- 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 and pepper

## WHAT YOU NEED TO DO

*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.*

*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.*

*Add the remaining butter to the pan. Cook, stirring, for 2-3 minutes or until the butter melts and turns a golden brown color.*

*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.*

*To serve, sprinkle with parsley and remaining lemon zest.*