



Lemon Chicken Scallopini

with Crispy Caper Potatoes



20-30min



2 Portions

Scallopini can be made with a number of different meats by pounding until thin and tender. Our quick and healthy version of the Italian classic uses pre-cut chicken tenderloins, and subs rich heavy sauce for a light, lemon and garlic-spiked stock. Serve with roasted potatoes with tangy capers for a winning chicken dinner.

What we send

- peas
- lemon, potato
- garlic, spring onion, parsley
- free-range chicken tenderloins
- capers
- chicken-style stock cube

What you'll require

- boiling water
- olive oil
- plain flour¹
- sea salt and pepper

Utensils

- baking paper
- large frypan
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Reserve the remaining lemon half and stock cube for another use.

Allergens

Gluten (1). May contain traces of other allergens.

Nutrition per serving

Energy 590kcal, Fat 13.6g, Carbs 60.2g, Proteins 47.1g



1. Prepare ingredients

Preheat oven to 220C. Line an oven tray with baking paper. Drain and coarsely chop the **capers**. Cut the **potatoes** into 1.5cm chunks.



2. Roast potatoes

Combine the **potatoes, capers, 1 tbs oil** and **salt and pepper** on the oven tray. Roast in the oven for 18-20 mins until golden and cooked through. While the potatoes are roasting, put **2 tbs flour** in a shallow bowl and season well with **salt and pepper**. Dust the **chicken** in the flour, then shake off any excess.



3. Prepare ingredients

Meanwhile, finely chop or crush the **garlic**. Thinly slice the **spring onion**. Finely grate the zest of **half the lemon**, then juice the half. Finely chop the **parsley** leaves, including the stems. Crumble **1 stock cube** into a heatproof jug, add **185ml (¾ cup) boiling water** and stir to combine (see cooking tip).



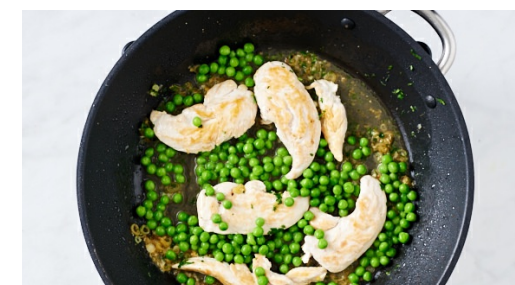
4. Brown chicken

Heat **1 tbs oil** in a large frypan over high heat. Add the **chicken** and cook for 1-2 mins each side until lightly golden but not cooked through. Remove the chicken from the pan, leaving the oil in the pan and set aside.



5. Make lemon sauce

Cook the **garlic** and **onion** in the frypan over medium heat for 2 mins, stirring regularly. Add the **stock, lemon zest** and **1 tbs juice**, and cook for a further 3-5 mins until reduced slightly. Season with **salt and pepper** and return the chicken to the pan with any resting juices, and cook for a further 3 mins or until chicken is cooked through.



6. Get ready to serve

Stir through the **peas** and **half the parsley** and heat through, then remove from the heat. Divide the **chicken** and **potatoes** among plates and spoon over the peas and pan juices. Scatter over **remaining parsley** to serve.