



## Lemon Chicken Scallopini

with Crispy Caper Potatoes



20-30min



4 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

- lemon, potato
- chicken-style stock cubes
- capers
- garlic, spring onion, parsley
- chicken tenderloins
- peas

## What you'll require

- boiling water
- olive oil
- plain flour<sup>1</sup>
- sea salt and pepper

## Utensils

- baking paper
- large frypan
- oven tray

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

## Allergens

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

## Nutrition per serving

Energy 595kcal, Fat 17.2g, Carbs 56.5g, Proteins 47.1g



### 1. Prepare potatoes

Preheat oven to 220C. Line an oven tray with baking paper. Drain and coarsely chop the **capers**. Peel and cut the **potatoes** into 1.5cm chunks. Put the frozen peas in a heatproof bowl, cover with boiling water and allow to stand for 5 mins. Drain.



### 2. Roast potatoes

Combine the **potatoes, capers, 2 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 **40g (1/3 cup) 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 **lemon** zest, then juice. Finely chop the **parsley** leaves, including the stems. Crumble the **stock cubes** into a heatproof jug, add **375ml (1 1/2 cups) boiling water** and stir to combine.



### 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 **2 tbs lemon 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.