



HEALTHY

Lemon and Caper Chicken

with Herbed Cauli-Broccoli Rice



20-30min



2 Portions

Whoever dreamed up cauliflower rice was a total genius; we've added broccoli and sunflower seeds to make it even more power-packed. Easy to cook, the hero of this healthy dish is arguably that succulent chicken breast, deliciously finished with fried capers, lemon and a hint of honey.

What we send

- cauliflower
- capers
- parsley
- sunflower seed
- 1 large free-range chicken breast fillet
- broccoli
- lemon

What you'll require

- Australian honey
- olive oil
- sea salt and pepper

Utensils

- baking paper
- box grater
- medium frypan
- oven tray

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

Cooking tip

Don't have a food processor? No stress, you can either finely chop or grate the cauliflower and broccoli florets, using a box grater. ~The remaining half won't be used in this dish.

Allergens

May contain traces of allergenic ingredients.

Nutrition per serving

Energy 480kcal, Fat 26.8g, Carbs 6.7g, Proteins 47.3g



1. Prepare chicken

Heat the oven to 200C. Line an oven tray with baking paper. Put the **chicken** on a board. Put your hand on top and slice in half horizontally, into 2 equal fillets. Drizzle or rub with **2 tsp olive oil** and season with **salt and pepper**. Coarsely chop the **capers**.



4. Cook chicken

Meanwhile, heat a medium frypan over medium-high heat. Add the **chicken** and cook for 3-4 mins, each side, until golden and cooked through. Transfer to a plate, keep warm and rest for 3 mins. While the chicken is cooking, finely chop the **parsley**, discarding the stems.



2. Prepare vegetable rice

Using a food processor, process the **cauliflower** and **broccoli** florets to form rice-like crumbs (see cooking tip). Finely grate the zest of **half the lemon**, then juice the half (see cooking tip). Set aside the juice until needed. Put the cauliflower, broccoli, **lemon zest** and **2 tsp olive oil** in a large bowl, season with **salt and pepper** and stir to combine well.



5. Make lemon reduction

Reduce the heat to medium and add **1 tbs olive oil** to the pan. Cook the **capers** for 2 mins or until crisp, then remove from the pan. Add the **lemon juice** and **1 tsp honey**, season with **salt and pepper** and cook, stirring, for 1 min, then add any resting juices from the chicken, and cook, stirring, for a further 1 min or until slightly reduced.



3. Cook vegetable rice

Spread the **vegetable rice** on the lined oven tray, leaving a small space on the tray to put the **sunflower seeds**. Bake, stirring the vegetable rice halfway, for 12 mins, until the sunflower seeds are toasted and the vegetable rice is tender and dry.



6. Get ready to serve

Put the **vegetable rice** and **sunflower seeds** into a large bowl, season with **salt and pepper** and stir in the **parsley**. Divide the **vegetable rice** and **chicken** among plates. Drizzle over the **lemon reduction** and scatter with the **capers** to serve.

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from at least **85%**
Australian ingredients