



HEALTHY

Lemon and Caper Chicken

with Herbed Cauli-Broccoli Rice



20-30min



4 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

- parsley
- 2 large free-range chicken breast fillets
- sunflower seeds
- lemon
- cauliflower
- broccoli
- capers

What you'll require

- Australian honey
- olive oil
- sea salt and pepper

Utensils

- baking paper
- box grater
- large 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.

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 2 oven trays with baking paper. Put the **chicken** on a board. Put your hand on top and slice in half horizontally, into 4 equal fillets. Drizzle or rub with **1 tbs olive oil** and season with **salt and pepper**. Coarsely chop the **capers**.



4. Cook chicken

Meanwhile, heat a large 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 **lemon zest**, then juice. Set aside the juice until needed. Put the cauliflower, broccoli, **lemon zest** and **1 tbs 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 **2 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 **2 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.