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Staff Pick

## Creamy Piccata Chicken

with Parmesan-roasted Brussels sprouts and carrots

Prep & Cook Time: 45-55 min.

Difficulty Level: Easy

Cook Within: 5 days

Spice Level: Not Spicy



Contains: Milk



Chef

Scott Gorsky

The un-shining star of many a wedding buffet, we've taken your workaday piccata and made it decadent, as glamorous as a dewy bride on her big day. Magically, this indulgent cream sauce-and-chicken dish manages to be calorie-conscious and carb-conscious. (The key: substituting pasta with carrots and Brussel sprouts.) You'll be fit as a fiddle to walk robustly down any aisle or squeeze into any ugly bridesmaid dress.

## In Your Box (serves 2)

8 oz. Carrot	8 oz. Brussels Sprouts
1 Shallot	1/3 oz. Capers
2 Boneless Skinless Chicken Breasts	1 oz. Grated Parmesan
4 fl. oz. Light Cream	

### Nutrition (per serving)

Calories	<b>556</b>
Carbohydrates	<b>26g</b>
Fat	<b>30g</b>
Protein	<b>47g</b>
Sodium	<b>1622mg</b>

## Recipe Steps

### You Will Need

Olive Oil • Salt • Pepper • Cooking Spray •  
1 Baking Sheet • 1 Medium Non-Stick Pan •

### Before You Cook

- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



### Prepare the Ingredients

Peel, trim, and cut **carrot** into  $\frac{1}{4}$ " slices on an angle. Trim bottoms off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball). Peel and mince **shallot**. Rinse **capers** and pat dry. Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.



### Roast the Vegetables

Place **carrot slices** and **Brussels sprouts** on prepared baking sheet. Toss with **Parmesan**, 2 tsp. **olive oil**,  $\frac{1}{4}$  tsp. **salt**, and a pinch of **pepper**. Spread into a single layer (some overlap is ok). Roast in hot oven until tender and well browned, 25-30 minutes. While vegetables roast, cook chicken.



### Cook the Chicken

Place a medium non-stick pan over medium-high heat. Add 1 tsp. **olive oil** and **chicken breasts** to hot pan. Cook until chicken is browned and reaches a minimum internal temperature of 165 degrees, 4-5 minutes per side. Remove chicken to a plate, rest at least 3 minutes, and tent with foil. Reserve pan; no need to wipe clean.



### Make the Sauce

Return pan used to cook chicken to medium heat. Add 1 tsp. **olive oil** and 1 Tbsp. **shallot** to hot pan. Stir constantly until translucent, 1-3 minutes. Add **cream**, **capers**, and **accumulated juices from resting chicken**. Stir occasionally until sauce thickens and a line can be drawn that holds for 10 seconds, 3-5 minutes. Remove from burner. Season with  $\frac{1}{4}$  tsp. **salt** and a pinch of **pepper**.



### Finish the Dish

Plate dish as pictured on front of card, placing **chicken** on top of **sauce**. Bon appétit!