

QCOOK

Piccata Style Chicken & Golden Cauli

with Brussels sprouts

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	226kj	1928kj
Energy	54kcal	461kcal
Protein	5.6g	48g
Carbs	7g	59g
of which sugars	2.3g	19.8g
Fibre	2.2g	18.4g
Fat	0.7g	6.3g
of which saturated	0.2g	1.5g
Sodium	90mg	768mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Cauliflower Florets <i>rinse & cut into bite-sized pieces</i>
300g	400g	Brussels Sprouts <i>rinse</i>
2	2	Onions <i>peel & cut 1½ [2] into wedges</i>
3	4	Free-range Chicken Breasts
30ml	40ml	NOMU Italian Rub
2	2	Garlic Cloves <i>peel & grate</i>
30g	40g	Capers <i>drain & roughly chop</i>
2	2	Lemons <i>rinse & cut into wedges</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Paper Towel
Butter

1. ROAST VEGGIES Preheat the oven to 200°C. Spread the cauliflower, the Brussels sprouts, and the onions on a roasting tray. Coat in oil, ½ of the NOMU rub, and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. OM NOM NOMU CHICKEN Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter, and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning. Alternatively, air fry at 200°C until cooked through, 10-12 minutes (shifting halfway).

3. PICCATA SAUCE Return the pan to medium heat with a drizzle of oil if necessary. Fry the garlic and the capers until fragrant, 1-2 minutes. Deglaze the pan with a splash of water, squeeze in the juice from 6 [8] of the lemon wedges (to taste) and 30g [40g] of butter. Mix in the chicken and simmer until warmed through, 2 minutes. Remove from the heat.

4. DINNER IS READY Bowl up the roasted veggies, top with the chicken, piccata sauce, and garnish with a sprinkle of the parsley and any remaining lemon wedges. Well done, Chef!