

UCCOOK

Piccata Style Chicken & Golden Cauli

with brussels sprouts

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Groote Post Winery | Groote Post-Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	224kj	1904kj
Energy	54kcal	455kcal
Protein	5.5g	46.8g
Carbs	7g	59g
of which sugars	2.3g	19.8g
Fibre	2.2g	18.4g
Fat	0.7g	6.2g
of which saturated	0.2g	1.4g
Sodium	90mg	766mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Cauliflower Florets <i>rinse & cut into bite-sized pieces</i>
100g	200g	Brussels Sprouts <i>rinse</i>
1	1	Onion <i>peel & cut ½ [1] into wedges</i>
10ml	20ml	NOMU Italian Rub
150g	300g	Free-range Chicken Mini Fillets
1	1	Garlic Clove <i>peel & grate</i>
10g	20g	Capers <i>drain & roughly chop</i>
1	1	Lemon <i>rinse & cut into wedges</i>
3g	5g	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 onion on a roasting tray. Coat in oil, ½ of the NOMU rub, and season. Roast in the hot oven until golden, 20-25 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

2. CHICKEN Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel and coat in the remaining NOMU rub. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

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 2 [4] of the lemon wedges (to taste) and 10g [20g] of butter. Mix in the chicken and simmer until warmed through, 1 minute. Remove from the heat.

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