

CHICKEN PICCATA



QUICK

15 mins
prep time

HEALTHY

Lemons contain high levels of vitamin C, especially in the skin. The uncooked zest sprinkled on the top at the end will contain the most.

FAMILY

Feeds
5 ish

MEALS

Serve with colourful veg and brown rice, which will absorb the delicious sauce

INGREDIENTS

- 1 chicken cut into 8 portions or 8 pieces chicken
- 100g capers
- 5 garlic cloves
- 500 ml chicken stock
- 2 lemons plus zest of 1 for serving
- Handful fresh parsley
- 2 onions
- S&P
- Oil

METHOD

1. Put your oven onto 180°C (Fan)
2. Heat 2 tbs oil in a large casserole dish
3. When hot add the chicken pieces and brown
4. Whilst they're cooking, zest and juice the lemons
5. Season the chicken then turn it over
6. Season
7. Whilst the chicken is cooking, make the stock and measure the capers
8. Mince the garlic
9. Slice the onions
10. And chop the parsley
11. When brown, remove the chicken pieces and add 1 tbs oil, add onion and minced garlic and sauté for a few mins till brown
12. Add stock, lemon juice, zest and capers
13. Stir. Put chicken pieces back in
14. Cook for 20-30 mins till chicken cooked through
15. Serve sprinkled with the parsley and the lemon zest and a few more capers



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