



#### In your box

½ oz. Capers  
13 oz. Boneless Skinless Chicken Breasts  
8 oz. Cooked Penne Pasta  
3 oz. Chopped Kale  
2 tsp. Chicken Demi-Glace  
1 Lemon  
1 oz. Butter

## Chicken Piccata

with penne pasta and sautéed kale

NUTRITION per serving—Calories: 573, Carbohydrates: 44g, Fat: 23g, Protein: 46g, Sodium: 1257mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time  
**15 min.**

Cook Within  
**4**

Difficulty Level ● ◻ ◻ ◻  
**Easy**

Spice Level ◻ ◻ ◻ ◻  
**Not Spicy**



## 📌 You will need

Olive Oil, Salt, Pepper  
Large Non-Stick Pan

## 👑 Before you cook

*Take a minute to read through the recipe before you start—we promise it will be time well spent!*

- ☐ Thoroughly rinse produce and pat dry



### Prepare the Ingredients

- Quarter **lemon**.
- Combine **demi-glace** and ¼ cup **water**.
- Pat **chicken breasts** dry and, on a separate cutting board, cut into ½” dice. Season with ¼ tsp. **salt** and a pinch of **pepper**.



### Start the Chicken

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **diced chicken** to hot pan and stir occasionally until lightly browned, 2-3 minutes.



### Cook Kale and Finish Chicken

- Add **kale** to pan.
- Stir occasionally until kale is wilted and chicken reaches a minimum internal temperature of 165 degrees, 4-5 minutes.



### Make Sauce and Finish Dish

- Stir **demi mixture** to recombine and add to pan.
- Bring to a simmer, then stir occasionally until slightly thickened, 1-2 minutes.
- Stir in **pasta, capers, and butter** until thoroughly combined. Remove from burner.
- Plate dish as pictured on front of card, squeezing **lemon wedges** over pasta (to taste). Bon appétit!