

COOK FRESH.

Crispy Parmesan Chicken

with Lemon Butter Sauce & Veggies

⌚ 25 Mins

Kcal 515 | P 55 g | C 28 g | F 23g

Family Friendly

Quick and Easy Low Carb

A savory delight with Crispy Parmesan Chicken topped with a tangy Lemon Butter Sauce and Veggies..



Before you start














Preheat the oven to 180°C.

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

What you'll need

Oil, Salt, Pepper, Chopping board, Knife, Shallow dish, Frying pan, Oven tray, Non-stick cooking pan.

Ingredients (2 persons)

-  Chicken Breast 320GR
-  Egg 1Unit
-  Garlic 7GR
-  Dried Thyme 1GR
-  Dried Oregano 2GR
-  Parmesan Cheese 70GR
-  Flour 30GR
-  Butter 40GR
-  Home Made Vegetable Stock 30ML
-  Capers 40GR
-  Fresh Parsley 7GR
-  Fresh Lemon 110GR
-  Green Zucchini 160GR
-  Baby Broccolini 125GR

Method



Prep the Ingredients

Peel and finely chop the **garlic**. Finely chop the **parsley**. Slice the **lemon** in half and slice the **zucchini**.



Roast the Veggies

Place **baby broccolini** and **zucchini** slices on an oven tray, drizzle with **oil**, and season with **salt** and **black pepper**. Toss to coat evenly and roast in the oven for 10-12 minutes.

Allergens



Prep the Chicken

Whisk **egg**, **thyme**, **oregano**, **salt**, and **black pepper** in a shallow dish for the **egg mixture**. In another bowl, mix **parmesan** and **flour**. Slice **chicken breast** in half lengthwise. Dip each piece first in the **egg mixture**, then in the **parmesan mixture**, letting excess drip off.



Make the Sauce

In a non-stick pan, melt **butter** over medium heat. Add **garlic** and cook until fragrant, then stir in **capers**, **vegetable stock**, and **lemon juice**. Season with **salt** and **pepper**, simmer for 3-5 minutes, then stir in **parsley**.



Fry the Chicken

Heat **oil** in a frying pan over medium heat and cook **chicken** for 7-9 minutes per side until golden brown. Adjust heat as needed to prevent burning.



Serve and Enjoy!

Arrange **crispy chicken** and **grilled vegetables** on plates. Generously spoon the **lemon butter sauce** over the **chicken** and **veggies**.