# COOKFREŠH.

# Crispy Parmesan Chicken

with Lemon Butter Sauce & Veggies

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

Family Friendly

Quick and Easy Low Carb





### 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, Nonstick cooking pan.

### Ingredients (2 persons)

Chicken Breast 320GR

Egg 1Unit

arlic 7GR

Dried Thyme 1GR

Dried Oregano 2GR

Parmesan Cheese 70GR

Flour 30GR

L Butter 40GR

► Home Made Vegetable Stock 30ML

Capers 40GR

Fresh Parsley 7GR

Fresh Lemon 110GR

🥿 Green Zucchini 160GR

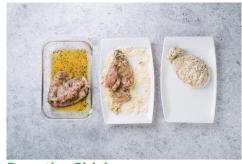
Baby Broccolini 125GR

#### Method



**Prep the Ingredients** 

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



**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.



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.



**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.



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.



Serve and Enjoy!

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

#### **Allergens**