

# Chicken piccata with garlicky greens & new potatoes

Serves 2



**PROJECT FOOD**

A helping hand to healthy eating

## Ingredients

- 200g new potatoes , halved or quartered
- 300g green beans , trimmed
- 200g spring greens , shredded
- 2 skinless chicken breasts
- 3 tsp olive oil
- 100ml chicken stock or water
- 1 tbsp drained capers (optional)
- 1 lemon , zested and juiced
- 2 small garlic cloves , sliced
- 1 tbsp grated parmesan (optional)



## Method

1. Cook the new potatoes in a large pan of boiling salted water for 8-10 mins until tender. Add the green beans and spring greens for the last 3 mins. Drain, then separate the greens from the potatoes.
2. While the potatoes are cooking, cut the chicken breasts through the centre lengthways, leaving one side attached so it opens out like a book. Brush each one with 1 tsp of the olive oil, then season.
3. Heat a large frying pan over a medium-high heat and cook the chicken for 4 mins on each side until golden. Pour over the stock, capers, lemon juice and zest, then simmer gently for a few minutes to reduce. Add the cooked potatoes and simmer for another minute.
4. Heat the remaining 1 tsp oil in another frying pan and fry the garlic for 1 min until lightly golden and fragrant. Tip in the drained greens, and toss in the garlicky oil. Season, then scatter over the parmesan and serve with the chicken and potatoes.

Spring greens are in season and at their best at the moment, but this recipe will also work really well with other green vegetables such as broccoli.

## Protein

Chicken is really high in protein. It is recommended that a man consumes 88g and a woman consumes 64g of protein each day. One chicken breast will give you approximately 54g of protein.

Protein is vital for your body to repair and renew the muscles and cells in your body.

# Simple summer pudding

Serves 4



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## Ingredients

- 450g summer berries , defrosted if frozen
- 225g fruit compote
- 6 medium slices white bread , crusts cut off



## Method

1. Mix the first 2 ingredients together and leave for 5-10 mins. If you're using defrosted fruit, tip in some of the juice, too. Meanwhile, line a 1.2 litre pudding basin with cling film, leaving an overhang. Cut a circle of bread to fit the base, then quarter the rest.
2. Drain the juices from the soaked fruit into a bowl, dip the bread in until soaked. Layer up the fruit and bread, pour over the remaining juices and cover with the overhanging cling film – weigh down with a small plate and a couple of cans. Chill in the fridge for 10 mins or until ready to eat.
3. Serve with low fat Greek yoghurt or crème fraiche .

## Fruit Compote

### Ingredients

- 500g frozen berries
- 1–2 tbsp honey/ sugar–go by taste here.

Place the berries in a saucepan and cook over a low heat with the honey/sugar. Bring to a simmer and then cook for around 15 minutes. You can use either warm or cold

Some fruit is much sweeter than others, so it is best to add your sugar or honey a little at a time

This is a great healthy pudding option with lots of vitamin C. It's also a good way of using up any stale bread you may have.