

Recipe

Food Rx



Chicken Piccata with Side of Broccoli

Serving: 1

1 boneless, skinless chicken breast

3 ounces brown rice vermicelli (angel hair) pasta

1 tablespoon olive oil

1 tablespoon oat flour or almond flour

1/8 teaspoon sea salt

1/16 teaspoon freshly ground black pepper

1/4 shallot, minced

1/4 cup chicken broth

Juice of 1/2 lemon, plus 2 thin slices lemon

2 tablespoons coconut milk or unsweetened almond milk creamer

1 tablespoon capers

1 tablespoon chopped fresh flat-leaf parsley leaves

1 cup bite sized broccoli

1. Preheat the oven to 250 degrees F. Place a shallow baking pan in the oven – you will use this to keep the chicken warm.
2. Put the chicken breast between two sheets of plastic wrap and pound it with a kitchen mallet until it is about 1/2 inch thick.
3. Bring a large pot of water to boil over high heat. Add the vermicelli and cook according to the package directions. Drain and set aside.
4. Meanwhile, in a large skillet, heat 1/2 tablespoons of the olive oil over medium-high heat. Put the flour in a shallow bowl or on a plate and sprinkle the salt and pepper over it. Dredge the chicken breast in the flour mixture, shaking off any excess, and place it in the skillet. Cook for 4 minutes on each side, or until the chicken is cooked through, golden brown and crispy. Transfer the chicken to the pan in the oven.
5. Once the chicken is in the oven set a sauce pan with 1/4 inch of water in the bottom, bring to a simmer, add chunked broccoli, place a lid over the pan and simmer 4 to 5 minutes.
6. Add the shallot to the pan and sauté, stirring continuously, for 2 minutes. Add the broth and stir, scraping up any stuck pieces from the bottom of the pan. Stir in the lemon juice, coconut milk (or unsweetened almond milk creamer) and capers. Bring the sauce to a low simmer and cook, stirring continuously, for 3 minutes. Remove from heat.
7. To serve, place the vermicelli on a plate. Top with chicken breast. Cover chicken breast with sauce. Garnish with sliced lemons and parsley.

The focus of this recipe is learning to use ingredients that are less inflammatory, replacing processed wheat with brown rice pasta, dairy with fats such as coconut and almond milk. Healthier monounsaturated oil versus the highly processed refined oils. These products are less of an immune response trigger for your body.

😊 Chef Brandon