

RECIPE

Plant-Based Chicken Piccata

Serves 4

Ingredients

- 4 plant-based chicken cutlets
 - ¾ cup all-purpose flour, seasoned with the following:
 - ½ tsp salt
 - ¼ tsp ground black pepper
 - ½ tsp garlic powder
- Mix well - this seasoned flour is for dusting the plant-based chicken cutlets.*
- 5 Tbsp plant-based butter, room temperature
 - 2 Tbsp olive oil
 - 1 shallot (large), finely chopped
 - 5 garlic cloves, grated
 - ¼ cup white wine (optional, for deglazing the pan)
 - 1 cup vegetable broth, mixed with ½ tsp vegetable bouillon
 - 3 lemons, 2 zested and juiced and 1 sliced and set aside for garnish
 - 2 Tbsp capers, rinsed and drained

- ¼ tsp crushed red pepper flakes (optional)
- 3 Tbsp flat-leaf parsley, washed, dried and chopped without stems, 1 Tbsp set aside for garnish
- salt, to taste
- ground black pepper, to taste
- For serving:
 - ½ lb dry linguine pasta, cooked according to its package instructions
 - plant-based parmesan cheese.

Preparation

1. **Season the plant-based chicken all over with salt & ground black pepper, to taste.** Place the pre-seasoned flour in a bowl. Dip each piece of the plant-based chicken cutlets in the flour, turning to coat and shake off any excess. Discard the flour when finished dusting.
2. **In a large skillet or frying pan, over medium heat,** heat 2 Tbsp olive oil until hot. Add the plant-based chicken cutlets. Cook until golden brown on both sides, about 2-3 minutes per side.
3. **Remove the plant-based chicken cutlets.** Place on a plate. Remove excess oil.
4. **Add 1 Tbsp plant-based butter to the pan.** Add shallots. Sauté until translucent, about 2 minutes, stirring occasionally with a spatula. Add garlic. Sauté for 30 seconds. Add white wine to deglaze the pan.
5. **Add vegetable broth mixture to the pan.** Stir occasionally to get all the delicious brown bits from the bottom of the pan. Place your cutlets back into the pan to

soak up the deliciousness for about 1 minute.

6. **Remove the cutlets to finish the sauce.** Add the capers and crushed red pepper flakes. Using a whisk, whisk in the plant-based butter. Add the lemon juice, lemon zest and chopped parsley. Place cutlets back into the pan. Check for seasoning, salt & pepper.
7. **Serve with cooked linguine and with lemon slices.** Enjoy!

Tips

This recipe can be prepared gluten-free using gluten-free flour and gluten-free pasta.