

Chick'n Picatta w/ Citrus, Capers & Tarragon

Swick

Serves 1 | Active Time: 25 minutes | Total Time: 25 minutes

Step 1: Gathering Your Mise en Place & Cooking the Chick'n

- 4 to 5 pieces Gardein Chick'n Scallopini
- 2 tbsp nutritional yeast
- 1/2 cup flour
- 1 tbsp onion granules
- sea salt, to taste
- ground black pepper, to taste
- 2 tbsp canola or olive oil

To prepare the Chick'n, place the scallopini onto a piece of plastic wrap and then fold the other half over top. Very gently pound the Chick'n to thin it out slightly.

In a small bowl or shallow plate, mix together the nutritional yeast, flour, onion granules, sea salt and pepper for the breading. Coat the scallopini in the breading.

To cook the scallopini, heat a large fry pan over medium-high heat. Once hot, add the oil, immediately followed by the scallopini. Let the Chick'n cook for a few minutes, on both sides, or until a nice golden crust has formed.

Once done, place the chick'n onto a cooling rack to rest, while you make the sauce.

Step 2: Making the Pan Sauce & Serving the Dish

- 1 1/2 tbsp canola or olive oil
- 1/4 cup white onion, diced
- 2 cloves garlic minced
- 2/3 cup white wine
- 1/4 cup brined capers with a little bit of brine
- 3/4 cup vegetable stock
- 2 tbsp non-dairy butter
- 1 1/2 tbsp lemon zest
- 2 tbsp parsley, chopped
- 2 tbsp chives, minced
- 1 1/2 tbsp tarragon

To prepare the sauce, turn the heat down to medium. Add a touch more oil, followed by the onions. Let the onions cook for a few minutes, or until they just start to brown and become translucent. Next, add the garlic, and let cook for 30 seconds or so. Then add deglaze with the white wine. Allow the wine to reduce by about half and then add the capers. Once most of the wine has reduced, add the stock. Bring this to a simmer and let cook and reduce for a few minutes, until you have a nice flavorful sauce.

Next, add the non-dairy butter, followed by the lemon zest. Then add the scallopini back to the pan. Note, depending on the size of your fry pan, you may need to do this in two batches. To finish the sauce, add the fresh tarragon, chives and flat-leaf parsley.

Serve the picatta with your favorite pasta or sides. Just be sure to spoon some of the sauce over the scallopini before it is served.