

tangy one-dish citrus chicken with steamed vegetables

Tupperware®

serves 2

Citrus Sauce
makes 1/2 cup

½ cup fresh basil leaves	1 green onion
2 tbsp. flat-leaf parsley	2 tbsp. capers, drained
1 tbsp. fresh lemon juice	1 clove garlic, peeled
3 tbsp. extra-virgin olive oil	salt and pepper, to taste

Place first seven ingredients in the base of your Chop 'N Prep™ Chef. Replace cover twist to seal and pull cord 4–5 times to blend to a coarse puree. Remove blade and transfer sauce to a small bowl and season with salt and pepper to taste.

Chicken

1¼ cup/400 mL water	2 boneless, skinless chicken breasts
½ lb./230g green beans, trimmed	1 red bell pepper, cut into thin strips
salt and pepper, to taste	3 tbsp. Citrus Sauce (recipe adjacent)

Place water in Water Tray. Place chicken in base of Tupperware® SmartSteamer; season with salt and pepper and brush with Citrus Sauce (recipe adjacent). Place green beans and red pepper strips in Colander Tray. Microwave on High power 14 minutes or until chicken reaches an internal temperature of 165° F/74° C. Remove chicken to a serving platter and brush with sauce. Toss the vegetables with 1 tablespoon Citrus Sauce and serve with chicken.

Note: This recipe was tested at 1200 watts.

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