



Everything But The Chef

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Zucchini & Parmesan Topped Chicken

OK team: this one's a winner, no muckin' about in the shop. Cooking the chicken breast under a blanket of grated zucchini and Parmesan cheese keeps it toasty warm and oh-so-moist. Get your kids to use their elbow grease to grate the zucchini - you might even have time to take up a new hobby while the kids do all the work! This recipe is so easy we think it will become a family favourite all over the country.

Prep: 10 mins
Cook: 30 mins
Total: 40 mins

level 2
 helping hands

gluten free
 eat me early

Pantry Items



Olive Oil



Milk



Butter



Zucchini



Chicken Breasts



Parmesan Cheese



Potatoes



Green Beans



Lemon

Qty	Ingredients	
2	zucchini, grated & excess moisture removed	A
700 g	chicken breasts, halved lengthways	
1 tbs	olive oil *	
1 block	Parmesan cheese, finely grated	
1 kg	potatoes, peeled & cut into 2 cm pieces	
300 g	green beans, trimmed	
3 tbs	milk *	
1 tbs	butter *	
½	lemon, cut into wedges	⊕

⊕ May feature in another recipe

* Pantry Items

Servings per recipe: 4

Nutrition per serve

Energy	2320	Kj
Protein	51.2	g
Fat, total	20.3	g
-saturated	7.7	g
Carbohydrate	37.2	g
-sugars	4.8	g
Sodium	268	mg



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You will need: *chef's knife, chopping board, grater, paper towels, meat mallet or rolling pin, bowl, oven tray lined with baking paper, large saucepan, strainer, and a potato masher.*

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Spread out the **zucchini** between paper towels to soak up any excess liquid that still remains.

3 Pound each **chicken breast** with a meat mallet or rolling pin until they are 1 cm thick. Coat each chicken breast in the **olive oil** and place on the prepared tray.

4 In a bowl, combine the zucchini and **Parmesan cheese** with a good grind of **salt** and **pepper**. Then spoon the grated zucchini mixture over the top side of the chicken in a thick layer. Place the tray in the oven for **15 minutes**, and then under a hot grill for **5-10 minutes** or until the Parmesan crust is crispy and the chicken is cooked through.

Tip: Adults can add a pinch of finely grated lemon zest to the zucchini mixture before popping in the oven for a citrus hit.

5 Meanwhile, place the **potatoes** in a large saucepan and cover with water. Bring to the boil and cook for **20 minutes** or until tender. In the last **2 minutes**, add the **green beans** to the saucepan. Drain. Set aside the green beans and return the potatoes to the pan. Add the **milk** and **butter** and mash with a potato masher until smooth. Season to taste with salt and pepper.

6 To serve, divide the chicken, green beans and mashed potato between plates. Serve with the **lemon wedges**.



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3



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