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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



gluten free



helping hands



eat me early

Pantry Items









Butter



Zucchini



Chicken Breasts



Parmesan Cheese







Potatoes

Green Beans

Lemon

Qty	Ingredients	
2	zucchini, grated & excess moisture removed	Α
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 *	
1/2	lemon, cut into wedges	#

- May feature in another recipe
 - * Pantry Items

Servings per recipe: 4 Nutrition per serve

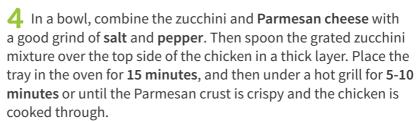
Energy	2320	Kj
Protein	51.2	g
Fat, total	20.3	g
-saturated	7.7	g
Carbohydrate	37.2	g
-sugars	4.8	g
Sodium	268	mg



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.

- 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.





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

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





