



# Cheesy Zucchini-Topped Chicken

with Potato Mash & Honey-Glazed Carrots

HALL OF FAME

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Potato



Garlic



Zucchini



Shaved Parmesan Cheese



Chilli Flakes (Optional)



Chicken Breast



Garlic & Herb Seasoning



Flaked Almonds



Creamy Pesto Dressing



Diced Bacon

Prep in: 30-40 mins  
Ready in: 35-45 mins

Eat Me Early

You know chicken parmigiana, but do you know zucchini-topped chicken? It's still that chicken and cheese combo you love, but with a garlicky and veggie twist that'll quickly become a new fave!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Honey, Milk, Butter

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large saucepan · Two oven trays lined with baking paper ·

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	2	4
<b>honey*</b>	½ tsp	1 tsp
potato	2	4
garlic	1 clove	2 cloves
zucchini	1	2
shaved Parmesan cheese	1 packet (52g)	2 packets (104g)
chilli flakes (optional)	pinch	pinch
<b>milk*</b>	2 tbs	¼ cup
<b>butter*</b>	40g	80g
chicken breast	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
flaked almonds	1 medium packet	1 large packet
creamy pesto dressing	1 packet (100g)	2 packets (200g)
diced bacon**	1 packet (90g)	1 packet (180g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4171kJ (997Cal)	535kJ (128Cal)
Protein (g)	52.9g	6.8g
Fat, total (g)	68.4g	8.8g
- saturated (g)	21.6g	2.8g
Carbohydrate (g)	41.5g	5.3g
- sugars (g)	19g	2.4g
Sodium (mg)	1080mg	138mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4559kJ (1090Cal)	553kJ (132Cal)
Protein (g)	59.8g	7.2g
Fat, total (g)	75.2g	9.1g
- saturated (g)	24.1g	2.9g
Carbohydrate (g)	42.3g	5.1g
- sugars (g)	19.5g	2.4g
Sodium (mg)	1511mg	183mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



1



## Roast the carrot

- Preheat oven to **200°C/180°C fan-forced**.
- Bring a large saucepan of salted water to the boil.
- Cut **carrot** into thick rounds.
- Place **carrot** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **25-30 minutes**.
- Remove tray from oven. Drizzle carrot with the **honey**, then toss to coat.
- Roast until caramelised, a further **5 minutes**.

2



## Get prepped

- Meanwhile, peel **potato**, then cut into large chunks. Finely chop **garlic**. Grate **zucchini**, then pat out any excess moisture with a paper towel.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **zucchini**, tossing, until tender, **2-3 minutes**.
- Transfer **zucchini** to a medium bowl. Add **garlic**, **shaved Parmesan cheese** and a pinch of **chilli flakes** (if using). Drizzle with **olive oil** and season to taste. Stir to combine.

**Custom Recipe:** If you've added diced bacon, heat pan as above. Before cooking the zucchini, cook diced bacon, breaking up bacon with a spoon, until lightly golden, 3-4 minutes. Add zucchini to pan (keeping bacon in the pan!). Transfer bacon and zucchini to a medium bowl. Continue as above.

3



## Make the mash

- Cook **potato** in the saucepan of boiling water until easily pierced with a knife, **10-15 minutes**.
- Drain, then return to the pan. Add the **milk** and the **butter**. Season generously with **salt**. Mash until smooth.

4



## Prep the chicken

- Meanwhile, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- On a second lined oven tray, place **chicken steaks**. Drizzle with **olive oil**, then rub with **garlic & herb seasoning**. Season.

5



## Cook the chicken

- Top **chicken** with **zucchini mixture**, pressing it down lightly with the back of a spoon. Bake until chicken is cooked through (when no longer pink inside), **8-12 minutes**.
- In the last **2-3 minutes** of cook time, increase the oven temperature to **240°C/220°C fan-forced**. Continue baking until topping is lightly golden, **2-3 minutes**.

**Custom Recipe:** Top chicken with bacon and zucchini mixture. Cook as above.

6



## Serve up

- Divide cheesy zucchini-topped chicken, honey-glazed carrots and potato mash between plates.
- Garnish with **flaked almonds**. Serve with **creamy pesto dressing**. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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