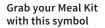


Cheesy Zucchini-Topped Chicken with Potato Mash & Honey-Glazed Carrots

HALL OF FAME

KID FRIENDLY















Zucchini



Shaved Parmesan



Chilli Flakes (Optional)



Chicken Breast



Seasoning



Flaked Almonds



Creamy Pesto Dressing





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



Pantry items

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

	3			
2 People	4 People			
refer to method	refer to method			
2	4			
½ tsp	1 tsp			
2	4			
1 clove	2 cloves			
1	2			
1 packet (52g)	2 packets (104g)			
pinch	pinch			
2 tbs	⅓ cup			
40g	80g			
1 small packet	2 small packets OR 1 large packet			
1 medium sachet	1 large sachet			
1 medium packet	1 large packet			
1 packet (100g)	2 packets (200g)			
1 packet (90g)	1 packet (180g)			
	refer to method 2 ½ tsp 2 1 clove 1 1 packet (52g) pinch 2 tbs 40g 1 small packet 1 medium sachet 1 medium packet 1 packet (100g) 1 packet			

^{*}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 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





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.



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.



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.



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.



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.



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!



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