

Parmesan & Zucchini Crusted Chicken

with Parsley-Mash & Roasted Carrots





Make a parmesanzucchini crust for chicken!





Parmesan Cheese





Free-Range Chicken Breast





Lemon





(Optional)

Pantry Staples

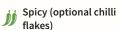






Hands-on: 35 mins Ready in: 40 mins





Who doesn't love a crusted chicken? We love this trick of using zucchini to keep the chicken moist – just be sure to squeeze out the excess moisture so you still form a good crust.

START

Our fruit and veggies need a little wash before you use them!! You will need: large saucepan, chef's knife, chopping board, fine grater, meat mallet or rolling pin, vegetable peeler, two oven trays lined with baking paper, clean towel, medium bowl, spoon, colander and a potato masher or fork.



Preheat the oven to 200°C/180°C fanforced. Bring a large saucepan of water to the boil. Slice the carrot (unpeeled) into 1 cm thick discs. Finely grate the Parmesan cheese. Pound the free-range chicken breast with a meat mallet or rolling pin until 1 cm thick. Peel and chop the potato into 2 cm chunks. Finely chop the parsley leaves. Slice the lemon into wedges.



Place the **carrot** on the first oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat and place in the oven to bake for **25 minutes**, or until tender and golden.



Frepare The CRUST
Grate the zucchini and squeeze out the excess liquid with your hands or a clean towel.

*TIP: Squeezing out the excess moisture from the zucchini is important to ensure your crust doesn't become soggy. In a medium bowl, combine the zucchini, the Parmesan cheese and the chilli flakes (use suggested amount).

*TIP: Some like it hot but if you don't, just hold back on the chilli flakes. Season with a pinch of salt and pepper.



Place the **chicken breast** on the second oven tray lined with baking paper. **Drizzle** with **olive oil** and spoon over the **parmesanzucchini mixture**. Place in the oven to bake for **15 minutes**. Turn the ovengrill to **high**. Place the tray with the chicken under the grill to cook for a further **5-10 minutes**, or until the crust is crisp and the chicken is cooked through. *TIP: The chicken is cooked when it is no longer pink inside.



MAKE THE PARSLEY-MASH
While the chicken is cooking, place the
potato in the large saucepan of boiling water.
Cook for 10-15 minutes, or until easily pierced
with a knife. Drain and return the potato to the
saucepan. Add the milk and butter and mash
with a potato masher or fork until smooth. Stir
through the parsley and season to taste with a
pinch of salt and pepper.



6 TO SERVE
Divide the parmesan-zucchini crusted chicken, the roasted carrots and the parsleymash between plates. Serve with the lemon wedges on the side.

Enjoy!

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
carrot	2	4
Parmesan cheese	1 block (50 g)	1 block (100 g)
free-range chicken breast	1 packet	1 packet
potato	400 g	800 g
parsley	1 bunch	1 bunch
lemon	1/2	1
zucchini	1	2
chilli flakes (optional)	1 pinch	2 pinches
milk*	2 tbs	⅓ cup
butter*	1 tsp	2 tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
energy (kJ)	2470kJ (590Cal)	351kJ (84Cal)
Protein (g)	54.4g	7.7g
at, total (g)	22.4g	3.2g
saturated (g)	8.9g	1.3g
Carbohydrate (g)	37.2g	5.3g
sugars (g)	11.6g	1.7g
Sodium (g)	468mg	67mg

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