



Parmesan & Zucchini Crusted Chicken

with Parsley-Mash & Roasted Carrots



Make a parmesan-zucchini crust for chicken!



Carrot



Parmesan Cheese



Free-Range Chicken Breast



Potato



Parsley



Lemon



Zucchini



Chilli Flakes (Optional)

Pantry Staples



Olive Oil



Butter



Milk

Hands-on: **35** mins
Ready in: **40** mins

Eat Me Early

Spicy (optional chilli flakes)

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.

BEFORE YOU 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**.



1 GET PREPPED

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



2 ROAST THE CARROTS

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.



3 PREPARE 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**.



4 COOK THE CHICKEN

Place the **chicken breast** on the second oven tray lined with baking paper. **Drizzle** with **olive oil** and spoon over the **parmesan-zucchini mixture**. Place in the oven to bake for **15 minutes**. Turn the oven grill 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.



5 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 parsley-mash between plates. Serve with the lemon wedges on the side.

Enjoy!

2 | 4 PEOPLE 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	½	1
zucchini	1	2
chilli flakes (optional)	1 pinch	2 pinches
milk*	2 tbs	½ 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
Fat, 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

→ JOIN OUR PHOTO CONTEST!

#HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

>Hello@HelloFresh.com.au

2017 | WK39