



Everything But The Chef

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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 in a blanket of grated zucchini, chilli flakes and Parmesan cheese keeps it toasty warm and oh so moist. The rest of this recipe is so easy we reckon you might even have time to take up a new hobby. Tennis, anyone?

- Prep:** 10 mins
- Cook:** 30 mins
- Total:** 40 mins
- level 2**
- gluten free**
- high protein**
- spicy**
- eat me early**

Pantry Items



Olive Oil



Milk



Butter



Zucchini



Chicken Breast



Parmesan Cheese



Chilli Flakes



Potatoes



Green Beans



Lemon

2P	4P	Ingredients	
1	2	zucchini, grated & excess moisture removed	A
2 fillets	4 fillets	chicken breast, cut down the centre lengthways	
½ block	1 block	Parmesan cheese, grated	⊕
½ tsp	1 tsp	chilli flakes (caution: spicy)	
2 tsp	1 tbs	olive oil *	
500 g	1 kg	potatoes, peeled & roughly chopped	
100 g	200 g	greens beans, trimmed	
2 tbs	4 tbs	milk *	
1 tsp	2 tsp	butter *	
½	1	lemon, cut into wedges	⊕

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2230	Kj
Protein	49.9	g
Fat, total	18.6	g
-saturated	6.6	g
Carbohydrate	37.2	g
-sugars	5	g
Sodium	261	mg

Measuretool

0 cm	1 cm	2 cm



You will need: *chef's knife, chopping board, grater, paper towels, meat mallet or rolling pin, small bowl, baking paper lined oven tray, large saucepan, strainer, and a potato masher.*

- 1 Preheat the oven to **200°C/180°C** fan-forced.
- 2 Spread the **zucchini** out between paper towels to soak up any excess liquid that still remains.
- 3 Pound each **chicken breast half** with a meat mallet or rolling pin until they are 1 cm thick.
- 4 In a small bowl, combine the zucchini, **Parmesan cheese** and **chilli flakes**. Season with **salt** and **pepper**. Coat each chicken breast in half of the **olive oil** and place on the prepared oven tray. Spoon the zucchini mixture over the top side of the chicken in a thick layer. Cook in the oven for **20 minutes**. Turn the oven grill to hot and cook for a further **5-10 minutes** or until the top is nice and crispy and the chicken is cooked through.
Tip: If you like, you can add a pinch of finely grated lemon zest to the zucchini mixture before popping in the oven for a citrus hit.

5 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** of cooking 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.

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

Did you know? Zucchini isn't always green - there is a yellow variety too!