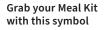


Cheesy Zucchini-Topped Chicken with Parsley Mash & Honey Carrots













Potato





Parsley





Spring Onion



Grated Parmesan Cheese



Chicken Breast



Seasoning

Chilli Flakes

(Optional)



Flaked Almonds



Creamy Pesto Dressing

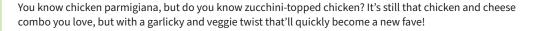


Eat Me Early





Spicy (optional chilli flakes)





Olive Oil, Honey, Milk, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan \cdot Large frying pan \cdot Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	2	4
honey*	½ tsp	1 tsp
potato	2	4
parsley	1 bag	1 bag
garlic	1 clove	2 cloves
spring onion	½ bunch	1 bunch
zucchini	1	2
grated Parmesan cheese	1½ packets (45g)	3 packets (90g)
chilli flakes (optional)	pinch	pinch
milk*	2 tbs	1/4 cup
butter*	40g	80g
salt*	1/4 tsp	½ tsp
chicken breast	1 small packet	1 large packet
garlic & herb seasoning	1 sachet	2 sachets
flaked almonds	1 medium packet	1 large packet
creamy pesto dressing	1 packet (100g)	2 packets (200g)

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4226kJ (1010Cal)	530kJ (126Cal)
Protein (g)	53.5g	6.7g
Fat, total (g)	65.5g	8.2g
- saturated (g)	19.9g	2.5g
Carbohydrate (g)	46.9g	5.9g
- sugars (g)	19.5g	2.4g
Sodium (mg)	1263mg	158mg

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.



Roast the honey carrots

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



Get prepped

While the carrot is roasting, peel the **potato** and cut into large chunks. Pick and finely chop the **parsley** leaves. Finely chop the **garlic**. Thinly slice the **spring onion**. Grate the **zucchini**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **zucchini** until tender, **2-3 minutes**. Remove from the heat. Add the **garlic**, **spring onion**, **grated Parmesan cheese** (see ingredients) and a pinch of **chilli flakes** (if using) to the **zucchini**. Season and drizzle with **olive oil**. Stir to combine.



Make the parsley mash

Cook the **potato** in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **milk**, **butter** and **salt**, then mash until smooth. Stir through 1/2 the **parsley**.

TIP: Leave the parsley out of the mash if you are not a fan!



Prep the chicken

While the potato is cooking, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. Place the **chicken** on a second lined oven tray and rub with **garlic & herb seasoning** and a drizzle of **olive oil**. Season.



Bake the chicken

Top the **chicken** with the **zucchini mixture** and press down lightly with the back of a spoon. Bake until the **chicken** is cooked through, **8-12 minutes** (depending on thickness). In the last **2-3 minutes** of cook time, increase the oven temperature to **240°C/220°C fan-forced** and bake until lightly golden.

TIP: Chicken is cooked through when it's no longer pink inside.



Serve up

Divide the cheesy zucchini-topped chicken, honey carrots and parsley mash between plates. Garnish with the **flaked almonds** and remaining parsley. Serve with the **creamy pesto dressing**.

Enjoy!