



# Cheesy Zucchini-Topped Chicken

with Parsley Mash & Honey Carrots

Grab your Meal Kit with this symbol



Carrot



Potato



Parsley



Garlic



Spring Onion



Zucchini



Grated Parmesan Cheese



Chilli Flakes (Optional)



Chicken Breast



Garlic & Herb Seasoning



Flaked Almonds



Creamy Pesto Dressing



Hands-on: **30-40 mins**  
Ready in: **35-45 mins**



Naturally Gluten-Free  
*Not suitable for coeliacs*



Eat Me Early



Spicy (optional chilli flakes)

You know chicken parmigiana, but do you know zucchini-topped chicken? It's still that chicken and cheese combo you love, but with a garlicky and veggie twist that'll quickly become a new fave!

### Pantry items

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 · Large frying pan · 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	¼ cup
butter*	40g	80g
salt*	¼ 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](https://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**.



## 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.



## 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.



## 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.



## 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!



## 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!