

## **CHEESY ZUCCHINI-TOPPED CHICKEN**

Who doesn't love a topped chicken breast? We love this trick of using zucchini and cheese to

keep the chicken moist and tender – just be sure to squeeze out the excess liquid from the

with Parsley-Mash & Honey Carrots



zucchini so you still form a good crust.



Top chicken with grated zucchini to keep it moist!

















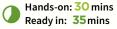


Chilli Flakes (Optional)



Chicken Breast

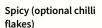
Pantry Staples: Olive Oil, Honey, Milk, Butter



Eat me early







Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

• large saucepan • two oven trays lined with baking paper



#### ROAST THE CARROT

Preheat the oven to 200°C/180°C fanforced. Bring a large saucepan of salted water to the boil. Cut the carrot (unpeeled) into 1cm rounds. Place the carrot on an oven tray lined with baking paper. Drizzle with olive oil and season with a pinch of salt and pepper. Toss to coat and roast until tender, 25-30 minutes. Drizzle with the honey and roast until caramelised, 5 minutes.

\*TIP Cut the carrot to the correct size so it cooks in the allocated time!



## GET PREPPED

While the carrot is roasting, peel and chop the **potato** into 2cm chunks. Pick and finely chop the **parsley** leaves. Finely chop the **garlic** (or use a garlic press). Finely chop the **chives**. Grate the **zucchini** and squeeze out the excess liquid with your hands or a paper towel. In a medium bowl, combine the grated zucchini, garlic, chives, **grated Parmesan cheese** (**see ingredients list**) and a **pinch** of **chilli flakes** (if using). Season with a **pinch** of **salt** and **pepper** and **drizzle** with **olive oil**. Stir to combine. \*\*TIP: Squeezing the liquid from the zucchini helps stop the topping from becoming soggy.



# MAKE THE PARSLEY-MASH Add the **potato** to the saucepan of boiling water. Cook until easily pierced with a knife,

**10-15 minutes.** Drain and return the potato to the saucepan. Add the **milk**, **butter** and **salt** and mash with a potato masher or fork until smooth. Stir through **1/2** the **parsley**.

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



BUTTERFLY THE CHICKEN
While the potato is cooking, place your
hand flat on top of a **chicken breast** and slice
through horizontally, without slicing all the
way through. Open up the chicken breast like
a book. Repeat with the remaining chicken.
Place the chicken on a separate oven tray lined
with baking paper, rub with a **drizzle** of **olive**oil and a **pinch** of **salt** and **pepper**.



### **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 cook until lightly golden. TIP: Chicken is cooked through when it is no longer pink inside.



### **SERVE UP**

Divide the cheesy zucchini-topped chicken, honey carrots and parsleymash between plates. Garnish with the remaining parsley.

**ENJOY!** 

#### 2 4 PEOPLE

# **INGREDIENTS**

	2P	4P
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
chives	1 bunch	1 bunch
zucchini	1	2
grated Parmesan cheese	1½ packets (45 g)	<b>3 packets</b> (90 g)
chilli flakes (optional)	pinch	pinch
milk*	2 tbs	⅓ cup
butter*	40g	80g
salt*	1/4 tsp	½ tsp
chicken breast	1 packet	1 packet

\*Pantry Items

NUTRITION	PER SERVING	<b>PER 100G</b>
Energy (kJ)	2890kJ (690Cal)	402kJ (96Cal)
Protein (g)	53.8g	7.5g
Fat, total (g)	31.2g	4.3g
- saturated (g)	18.2g	2.5g
Carbohydrate (g)	38.6g	5.4g
- sugars (g)	12.9g	1.8g
Sodium (g)	798mg	111mg

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo** 

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

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