



CHEESY ZUCCHINI-TOPPED CHICKEN

with Parsley-Mash & Honey Carrots



Top chicken with grated zucchini to keep it moist!



Carrot



Potato



Parsley



Garlic



Chives



Zucchini



Grated Parmesan Cheese



Chilli Flakes (Optional)



Chicken Breast

Pantry Staples: Olive Oil, Honey, Milk, Butter

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

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

Spicy (optional chilli flakes)

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 zucchini so you still form a good crust.

BEFORE YOU START

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**



1 ROAST THE CARROT

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



2 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.



3 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!



4 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**.



5 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.



6 SERVE UP

Divide the cheesy zucchini-topped chicken, honey carrots and parsley-mash 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 (45g)	3 packets (90g)
chilli flakes (optional)	pinch	pinch
milk*	2 tbs	½ cup
butter*	40g	80g
salt*	¼ tsp	½ tsp
chicken breast	1 packet	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
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](https://www.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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