



CHEESY ZUCCHINI-TOPPED CHICKEN BREAST

with Parsley Mash & Roasted Carrots



Top chicken with grated zucchini to keep it moist!



Carrot



Potato



Parsley



Zucchini



Shaved Parmesan Cheese



Chilli Flakes (Optional)



Lemon



Chicken Breast

Hands-on: **25** mins
Ready in: **30** 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.

Pantry Staples: Olive Oil, Milk, Butter

BEFORE YOU — START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **two oven trays** lined with **baking paper**, **large saucepan**, **vegetable peeler**, **box grater**, **paper towel**, **colander**, **potato masher** or **fork**, **medium bowl** and **spoon**.



1 ROAST THE CARROT

Preheat the oven to **200°C/180°C fan-forced**. Bring a large saucepan of salted water to the boil.

Slice the **carrot** (unpeeled) into 1cm thick discs. **TIP:** Cut the carrot to the correct size so it cooks in the allocated time! 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 for **25-30 minutes**, or until tender.



4 PREPARE THE CHICKEN

Place your hand flat on top of the **chicken breast** and slice through horizontally, without slicing all the way through. Open up the chicken breast like a book. Place the chicken on the second oven tray lined with baking paper, rub with a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper**.



2 GET PREPPED

While the carrot is roasting, peel and chop the **potato** into 2cm chunks. Pick and finely chop the **parsley** leaves. Grate the **zucchini** and squeeze out the excess liquid with your hands or a paper towel. Add the grated zucchini, **shaved Parmesan cheese** (see **ingredients list**) and the **chilli flakes** (if using) to a medium bowl. Season with a **pinch** of **salt** and **pepper** and **drizzle** with **olive oil**. Stir to combine. Slice the **lemon** into wedges.



5 COOK THE CHICKEN

Top the chicken with the **zucchini mixture** and press down lightly with the back of a spoon. Bake for **8-12 minutes**, or until the chicken is cooked through. In the last **2-3 minutes** of cook time, increase the oven temperature to **240°C/220°C fan-forced** and cook until the zucchini has slightly browned. **TIP:** Cook times will vary depending on the size of your fillet. **TIP:** Chicken is cooked when it is no longer pink inside.



3 MAKE THE PARSLEY-MASH

Add the **potato** to the saucepan of boiling water. Cook for **10-15 minutes**, or until easily pierced with a knife. Drain and return the potato to the saucepan. Add the **milk**, **butter** and **salt** (see **ingredients list**) 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!



6 SERVE UP

Divide the cheesy zucchini-topped chicken breast, roasted carrots and parsley mash between plates. Garnish with the remaining parsley and serve with the lemon wedges on the side.

ENJOY!

2 | 4 PEOPLE — INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
carrot	2	4
potato	2	4
parsley	1 bunch	1 bunch
zucchini	1	2
shaved Parmesan cheese	1 ½ packets (45 g)	3 packets (90 g)
chilli flakes (optional)	pinch	pinch
lemon	½	1
milk*	2 tbs	½ cup
butter*	40 g	80 g
salt*	¼ tsp	½ tsp
chicken breast	1 packet	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2990kJ (715Cal)	416kJ (99Cal)
Protein (g)	53.7g	7.5g
Fat, total (g)	34.6g	4.8g
- saturated (g)	18.7g	2.6g
Carbohydrate (g)	37.4g	5.2g
- sugars (g)	11.8g	1.6g
Sodium (g)	797mg	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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