



Carb Smart Almond Chicken

with Parmesan, Green Veggies and Lemony Mayo

Carb Smart

30 Minutes



Chicken Breasts



Broccoli, florets



Lemon



Mayonnaise



Parmesan Cheese, shredded



Garlic Salt



Almonds, sliced



Zucchini



Dijon Mustard

HELLO ZUCCHINI

This versatile squash also goes by the name courgette!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, zester, 2 small bowls, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts *	2	4
Broccoli, florets	227 g	454 g
Lemon	1	1
Mayonnaise	4 tbsp	8 tbsp
Parmesan Cheese, shredded	¼ cup	½ cup
Garlic Salt	1 tsp	2 tsp
Almonds, sliced	28 g	56 g
Zucchini	200 g	400 g
Dijon Mustard	1 ½ tsp	3 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Toast almonds

Heat a large non-stick pan over medium heat. When hot, add **almonds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate to cool.



Prep

While **almonds** cool, halve **zucchini** lengthwise, then cut into ½-inch half-moons. Cut **broccoli** into bite-sized pieces. Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges. Add **half the lemon zest**, **1 tsp lemon juice** and **3 tbsp mayo** (dbl both for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.



Make topping and prep chicken

Finely chop **almonds**. Add **almonds**, **Parmesan**, **Dijon**, **remaining lemon zest** and **remaining mayo** to another small bowl. Season with **pepper**, then stir to combine. Pat **chicken** dry with paper towels on a separate cutting board. Carefully slice into the centre of **each chicken breast**, parallel to the cutting board, leaving ½-inch intact on the other end. Open up **chicken** like a book. Season with **half the garlic salt** and **pepper**.



Cook chicken

Heat the same pan (from step 1) over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 1-2 min per side. Transfer to an unlined baking sheet. Spread **Parmesan-almond topping** onto **chicken**. Roast in the **top** of the oven until cooked through, 8-10 min.**



Cook veggies

While **chicken** roasts, heat the same pan over medium. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **broccoli**, **zucchini** and **2 tbsp water** (dbl for 4 ppl). Season with **remaining garlic salt** and **pepper**. Cook, stirring occasionally, until **veggies** are tender-crisp, 5-6 min.



Finish and serve

Thinly slice **chicken**. Divide **chicken** and **veggies** between plates. Serve **lemony mayo** on the side for dipping.

Dinner Solved!