



CHICKEN AND SPINACH SALAD

with Cheesy Broiled Zucchini and Tomatoes



HELLO CHEESY VEGGIES

You've never had veggies like this before!

PREP: 5 MIN | TOTAL: 30 MIN | CALORIES: 533



Chicken Breasts



Zucchini



Grape Tomatoes



Lemon



Bocconcini



Italian Seasoning



Panko Breadcrumbs



Parmesan Cheese, shredded



Baby Spinach

BUST OUT

- Zester
- Baking Sheet
- Large Pan
- Large Bowl
- Whisk
- Salt
- Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- | | | |
|-------------------------------|-------------------------------|-------------------------------|
| • Chicken Breasts | 1 pkg
(340 g) | 2 pkg
(680 g) |
| • Zucchini | 227 g | 454 g |
| • Grape Tomatoes | 1 pkg
(255 g) | 2 pkg
(510 g) |
| • Lemon | 1 | 2 |
| • Bocconcini 2 | 1 pkg
(100 g) | 2 pkg
(200 g) |
| • Italian Seasoning | 1 pkg
(1 tbs) | 2 pkg
(2 tbs) |
| • Panko Breadcrumbs 1 | 1 pkg
($\frac{1}{4}$ cup) | 2 pkg
($\frac{1}{2}$ cup) |
| • Parmesan Cheese, shredded 2 | 1 pkg
($\frac{1}{4}$ cup) | 2 pkg
($\frac{1}{2}$ cup) |
| • Baby Spinach | 1 pkg
(113 g) | 2 pkg
(227 g) |

ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

- | | |
|------------------------|----------------------|
| 0 Seafood/Fruit de Mer | 5 Tree Nut/Noix |
| 1 Wheat/Blé | 6 Mustard/Moutarde |
| 2 Milk/Lait | 7 Peanut/Cacahuète |
| 3 Egg/Oeuf | 8 Sesame/Sésame |
| 4 Soy/Soja | 9 Sulphites/Sulfites |

START STRONG

Preheat the **broiler** to high (to broil the veggies). Start prepping when the oven comes up to temperature!

BBQ TIP: Instead of pan-frying, grill chicken over medium heat, 6-8 min per side, until cooked to an internal temp. of 175°F.



1 PREP Wash and dry all produce. Slice the **zucchini** into $\frac{1}{4}$ -inch rounds. Cut the **tomatoes** in half. Zest, then juice the **lemon(s)**. Slice the **bocconcini** into $\frac{1}{4}$ -inch rounds. Season the **chicken** with **half the Italian seasoning, salt and pepper**.



4 BROIL VEGGIES When the **veggies** are done broiling, use a spatula to push them closer together on the baking sheet. Sprinkle with the **panko** and **Parmesan**. Top each **zucchini slice** with **bocconcini**. Return to the centre of the oven and broil until golden-brown, 2-3 min. (**TIP:** Keep your eye on them so they don't burn!)



2 ROAST VEGGIES On a foil-lined baking sheet, toss the **zucchini** on one side with a drizzle of **oil**. Repeat with the **tomatoes** on the other side. Sprinkle **remaining Italian seasoning** over the veggies. Season with **salt and pepper**. Broil in the centre of the oven, stirring halfway through cooking, until the veggies are tender, 8-9 min.



5 MAKE SALAD Meanwhile, in a large bowl, whisk together the **lemon zest, 2 tbs lemon juice** (double for 4 people) and a drizzle of **oil**. Season with **salt and pepper**. Toss in the **spinach**.



3 COOK CHICKEN Meanwhile, heat a large pan over medium heat. Add a drizzle of **oil**, then the **chicken**. Cook until the bottom of the chicken is golden-brown, 3 min. Reduce the heat to medium-low. Flip the chicken over. Cover and cook until the chicken is golden and cooked through, 6-7 min. (**TIP:** Cook to an internal temp. of 175°F.)



6 FINISH AND SERVE Thinly slice the **chicken**. Divide the **spinach** between plates. Top with the **cheesy veggies** and chicken.

BON APPÉTIT!

Good until the last cheesy bite.

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