

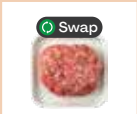


Smart Ground Chicken Parmesan-Style Patties

with Veggie Medley and Potatoes

Smart Meal

30 Minutes



Ground Beef
250 g | 500 g

↗ Custom Recipe + Add ↻ Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Ground Chicken
250 g | 500 g



Parmesan Cheese, grated
1/4 cup | 1/2 cup



Mozzarella Cheese, shredded
3/4 cup | 1 1/2 cups



Red Potato
150 g | 300 g



Shallot
2 | 4



Marinara Sauce
1/2 cup | 1 cup



Sweet Bell Pepper
1 | 2



Parsley
7 g | 14 g



Zucchini
1 | 2

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.

1



Prep and roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut **potatoes** into ½-inch pieces.
- Add **potatoes** and **1 tsp** (2 tsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, until the bottom side is golden-brown, 10-12 min. (**NOTE:** Potatoes will finish cooking with veggies in step 5.)

2



Prep

- Meanwhile, roughly chop **parsley**.
- Peel, then cut **shallots** into 1-inch pieces.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Core, then cut **pepper** into ½-inch pieces.
- Add **2 tsp** (4 tsp) **oil**, **shallots**, **zucchini** and **peppers** to a medium bowl.
- Season with **salt** and **pepper**, then toss to combine. Set aside.

3



Make patties

- **Swap** | **Ground Beef**
- Combine **chicken**, **half the parsley**, **half the Parmesan**, **¼ tsp** (½ tsp) **salt** and **⅛ tsp** (¼ tsp) **pepper** in a large bowl.
- Divide **chicken mixture** into **2 equal-sized portions** (4 portions for 4 ppl).
- Form **each portion** into a **1-inch-thick patty**. (**TIP:** Lightly wet hands to form patties!)

4



Cook patties

- Heat a large non-stick pan over medium-high heat.
- When hot, add **2 tsp oil**, then **patties**. (**NOTE:** Don't overcrowd the pan; cook patties in 2 batches if needed, using 2 tsp oil per batch.)
- Sear until golden-brown on both sides, 2-3 min.
- Transfer to an 8x8-inch baking dish. Spoon **marinara sauce** over tops of **patties**, then top with **mozzarella**.
- Bake in the **top** of the oven until **cheese** is melted and **patties** are cooked through, 12-14 min.**

5



Roast veggies

- When golden-brown on one side, flip **potatoes**.
- Add **veggies** from the medium bowl to the baking sheet with **potatoes**. Arrange in a single layer.
- Return the baking sheet to the oven. Roast until **veggies** are tender-crisp and **potatoes** are tender, 12-14 min.

6



Finish and serve

- Sprinkle **remaining parsley** and **remaining Parmesan** over **veggies**, then toss to combine.
- Divide **veggies** and **patties** between plates.
- Top **patties** with **any remaining sauce** from the baking dish.

3 | Make patties

Swap | **Ground Beef**

If you've opted to get **ground beef**, cook it in the same way the recipe instructs you to cook the **ground chicken**.**

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

** Cook to a minimum internal temperature of 74°C/165°F.

