



ZUCCHINI CHICKEN GRATIN

with Roasted Potatoes and Green Salad



HELLO GRATIN

A dish with a light browned crust of melted cheese

PREP: 15 MIN | **TOTAL: 35 MIN** | **CALORIES: 445**



Chicken Breast



Mini Yukon Potato



Zucchini



Parmesan Cheese, shredded



Italian Seasoning



Marmalade



Balsamic Vinegar



Dijon Mustard



Baby Spinach

BUST OUT

- 2 Baking Sheets
- Medium Bowl
- Grater
- Large Bowl
- Kitchen Towel
- Salt
- Pepper
- Olive or Canola oil

INGREDIENTS

4-person

- Chicken Breast 2 pkg (680 g)
- Mini Yukon Potato 1 pkg (680 g)
- Zucchini 454 g
- Parmesan Cheese, shredded 2 1 pkg (56 g)
- Italian Seasoning 1 pkg (1 tsp)
- Marmalade 1 pkg (1 tbsp)
- Balsamic Vinegar 9 1 bottle (2 tbsp)
- Dijon Mustard 6,9 1 pkg (1 1/2 tsp)
- Baby Spinach 1 pkg (113 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
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

START STRONG

Preheat the oven to **450°F** (to roast the potatoes and chicken). Start prepping when the oven comes up to temperature!



1 ROAST POTATOES Wash and dry all produce. Cut the **potatoes** into 1/2-inch cubes. Toss the potatoes on a baking sheet with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until the potatoes are golden-brown, 25-28 min.



2 PREP Meanwhile, coarsely grate the **zucchini**. Remove some of the excess liquid by placing the grated zucchini in the middle of a clean kitchen towel; twist the towel and squeeze over the sink. Transfer the zucchini to a medium bowl. Add the **Parmesan** and **Italian seasoning**. Season with **salt** and **pepper**.



3 BAKE CHICKEN Arrange the **chicken** on a parchment-lined baking sheet. Divide the **zucchini mixture** over each chicken (the topping will be loose!). Bake in the centre of the oven until the chicken is cooked through and the top is golden, 20-22 min. (**TIP:** Cook to a minimum internal temperature of 160°F.)



4 MAKE DRESSING Meanwhile, in a large bowl, whisk together the **marmalade**, **vinegar**, **mustard** and a drizzle of **oil**. Season with **salt** and **pepper**. Add the **spinach** and toss together.



5 FINISH AND SERVE Divide the **roasted potatoes** between plates. Serve with the **zucchini-topped chicken** with the **salad** on the side.

SAY CHEESE!

Mixing zucchini to the Parmesan adds an extra boost of green nutrients.