



More than Food

hellofresh.ca | hello@hellofresh.ca

MAY 2016 Share your masterpiece! Tag your photos with #HelloFreshLife and share on [f](#) [t](#) [i](#)

Zucchini & Parmesan-Crusted Chicken

with Mashed Potatoes and Green Beans

Topping chicken with grated zucchini may sound odd, but it keeps chicken moist and tender in the oven. A bit of parmesan cheese adds a nutty flavour to the mix. Creamy mashed potatoes and green beans are a classic accompaniment.



Prep
30 min



level 1



gluten
free



nut
free



Chicken Breasts



Zucchini



Parmesan Cheese



Chili Flakes



Mini Yukon
Potatoes



Green Beans




Sour Cream



Lemon

Ingredients

		4 People
Chicken Breasts		4
Zucchini		2
Parmesan Cheese	1)	1 pkg
Chili Flakes 		1 pkg
Mini Yukon Potatoes		1 pkg
Green Beans		1 pkg
Sour Cream	1)	2 pkgs
Lemon		1
Butter*	1)	2 tbsp
Olive or Canola Oil*		

*Not Included

Allergens

1) Milk/Lait

Tools

Peeler, Grater, Kitchen Towel, Plastic Wrap, Large Pan, Baking Sheet, Large Pot, Slotted Spoon, Strainer

Ruler

0 in 1/4 in 1/2 in 3/4 in 1 in

Nutrition per person Calories: 525 cal | Fat: 19 g | Sat. Fat: 8 g | Protein: 51 g | Carbs: 46 g | Sugar: 9 g | Sodium: 294 mg | Fiber: 10 g

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



1

1 Prep: Preheat the oven to 400°F. **Wash and dry all produce.**

Peel and cut the **potatoes** into 1/2-inch cubes. Coarsely grate the **zucchini** and place into the centre of a clean kitchen towel. Gather the corners of the towel and squeeze over the sink to remove excess moisture. Season generously with **salt** and **pepper**.



2

2 Pound the chicken: Place each **chicken breast** between two pieces of plastic wrap and pound with a mallet, rolling pin or large pan until 1/2-inch thick. Season on both sides with **salt** and **pepper**.



3

3 Bake the chicken: Toss the **parmesan** and a pinch of **chili flakes** (if desired) into the **zucchini**. Then, drizzle each **chicken breast** on all sides with a drizzle of **oil** on a parchment-lined baking sheet. Top each chicken breast with a thick layer of the **zucchini mixture** and bake for 12-15 minutes, until just cooked through. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.) Turn on the broiler to high and broil for about 2 minutes, until golden brown on top.



5

4 Cook the veggies: Meanwhile, place the **potatoes** into a large pot with a pinch of **salt** and enough water to cover by 2 inches. Bring to a boil and cook for 10-12 minutes, until fork-tender. During the last 3 minutes of cooking, add the **green beans** to the boiling water and cook for about 3 minutes, until crisp-tender. Remove the green beans with a slotted spoon. Drain the potatoes and return them to the same pot.

5 Mash the potatoes: With a fork or potato masher, mash the **potatoes** with **sour cream** and **butter** until smooth. Season with **salt** and **pepper**.

6 Plate: Cut the **lemon** into wedges. Serve the **zucchini & parmesan-crust chicken** alongside the **green beans** and **mashed potatoes**. Squeeze over a **lemon wedge** and enjoy!