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## 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 flavor to the mix. Creamy mashed potatoes and green beans are a classic accompaniment.



30 min



level 1



Chicken Breasts



Zucchini



Parmesan Cheese



Chili Flakes



Yukon Potatoes



Green Beans




Milk



Lemon

## Ingredients

	2 People	4 People
Chicken Breasts	12 oz	24 oz
Zucchini	1	2
Parmesan Cheese <b>1)</b>	¼ C	½ C
Chili Flakes 	1 t	1 t
Yukon Potatoes	12 oz	24 oz
Green Beans	6 oz	12 oz
Milk <b>1)</b>	2 T	4 T
Lemon	1	1
Butter* <b>1)</b>	1 T	2 T
Olive Oil*	2 t	4 t

\*Not Included

## Allergens

**1)** Milk

## Tools

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

Ruler

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**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



1

**1 Prep the ingredients: Wash and dry all produce.** Preheat the oven to 400 degrees. Peel and cut the **potatoes** into ½-inch cubes. Trim the ends of the **green beans**. Medium-grate the **zucchini** and place into the center 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 or large pan until ½-inch thick. Season on both sides with **salt** and **pepper**.



3

**3 Bake the chicken:** Toss the **parmesan** and a pinch of **chili flakes** into the **zucchini**. Then, drizzle each **chicken breast** on all sides with **1 teaspoon olive oil** and place them onto a baking sheet. Top each chicken breast with a thick layer of the **zucchini mixture** and bake for 12-15 minutes, until just cooked through. During the last 2 minutes of cooking, heat the broiler to high or oven to 500 degrees and broil for about 2 minutes, until golden brown on top.



5

**4 Cook the potatoes and green beans:** Meanwhile, place the **potatoes** into a medium 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 **2 Tablespoons milk** and **1 Tablespoon butter** until very smooth. Season with **salt** and **pepper**.

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