



# CHICKEN UNDER A ZUCCHINI BLANKET

with Mashed Potatoes and Green Beans



## HELLO ZUCCHINI CRUST

The unexpected chicken topper keeps the meat moist and adds some bonus green.

**PREP: 10 MIN** | **TOTAL: 30 MIN** | **CALORIES: 510**



Yukon Gold Potatoes



Parmesan Cheese  
(Contains: Milk)



Green Beans



Lemon



Zucchini



Chicken Breasts



Milk  
(Contains: Milk)

## START STRONG

Really try to squeeze out as much moisture as you can from the zucchini—this will help it achieve that coveted crispiness and crunch.

## BUST OUT

- Peeler
- Grater
- Kitchen towel
- Medium bowl
- Plastic wrap
- Olive oil (2 tsp | 4 tsp)
- Butter (1 TBSP | 2 TBSP)  
(Contains: Milk)
- Baking sheet
- Medium pot
- Slotted spoon
- Strainer
- Potato masher

## INGREDIENTS

Ingredient 2-person | 4-person

- Yukon Gold Potatoes 12 oz | 24 oz
- Zucchini 1 | 2
- Parmesan Cheese ¼ Cup | ½ Cup
- Chicken Breasts 12 oz | 24 oz
- Green Beans 6 oz | 12 oz
- Milk 2 TBSP | 4 TBSP
- Lemon 1 | 1

## HELLO WINE



PAIR WITH  
Lustra Central Coast  
Chardonnay, 2015

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



## 1 PREHEAT AND PREP

**Wash and dry all produce.** Preheat oven to 400 degrees. Peel **potatoes**, then cut into ½-inch cubes. Grate **zucchini** on large holes of a grater. Place shreds in the center of a clean kitchen or large paper towel. Gather towel corners and squeeze as much moisture as you can from zucchini into sink or bowl. Season generously with **salt** and **pepper**.



## 4 COOK POTATOES AND GREEN BEANS

While chicken bakes, place **potatoes** and a pinch of **salt** in a medium pot with enough **water** to cover by 1 inch. Bring to a boil and cook until easily pierced by a knife, 10-12 minutes overall. About 3 minutes before potatoes are done, add **green beans** to pot and cook—they should become tender at about the same time as the potatoes.



## 2 MAKE TOPPING AND POUND CHICKEN

Mix **Parmesan** and **zucchini** in a medium bowl and set aside. Place one **chicken breast** between two pieces of plastic wrap. Pound with a mallet, rolling pin, or heavy pan until ½ inch thick. Season all over with **salt** and **pepper**. Repeat with other chicken breast.



## 5 MASH POTATOES

Remove **green beans** from pot with a slotted spoon. Drain **potatoes** and return to same pot along with **1 TBSP butter** and **2 TBSP milk** (we sent more). Mash with a potato masher or fork until very smooth, adding more milk as needed to achieve a creamy consistency. Season with **salt** and **pepper**.



## 3 BAKE CHICKEN

Place **chicken breasts** on a baking sheet and brush each with a drizzle of **olive oil**, then top with a thick layer of **zucchini topping**. Bake in oven until no longer pink in center, 12-15 minutes. Heat broiler to high or increase oven temperature to 500 degrees. Broil (or bake) until golden and crisp on top, about 2 minutes.



## 6 FINISH AND SERVE

Cut **lemon** into wedges. Divide **potatoes, chicken, and green beans** between plates. Serve with lemon wedges on the side for squeezing over.

## GO GREEN!

Zucchini and beans mean double the veggie fun.

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