



HERBED CHICKEN CUTLETS

with Creamy Mashed Potatoes and Roasted Zucchini



HELLO

ITALIAN SEASONING

Oregano, basil, and parsley make this signature herb blend so *delizioso*.

PREP: 15 MIN | **TOTAL: 45 MIN** | **CALORIES: 670**



Zucchini



Shallots



Lemon



Cream Cheese
(Contains: Milk)



Chicken Cutlets



Yukon Gold Potatoes



Scallions



Italian Seasoning



Sour Cream
(Contains: Milk)



Chicken Stock Concentrates

START STRONG

Put your little ones on spud duty: mashing, stirring in cream cheese and sour cream, and plating are all great tasks for the kiddos.

BUST OUT

- Zester
- Strainer
- Baking sheet
- Peeler
- Paper towels
- Medium pot
- Olive oil (1 tsp)
- Large pan
- Butter (4 TBSP)
(Contains: Milk)
- Vegetable oil (2 tsp)

INGREDIENTS

Ingredient 4-person

- | | |
|------------------------------|--------|
| • Zucchini | 2 |
| • Lemon | 1 |
| • Yukon Gold Potatoes | 24 oz |
| • Shallots | 2 |
| • Scallions | 2 |
| • Cream Cheese | 8 TBSP |
| • Sour Cream | 4 TBSP |
| • Chicken Cutlets | 20 oz |
| • Italian Seasoning | 1 TBSP |
| • Chicken Stock Concentrates | 2 |

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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



1 PREP

Adjust rack to upper position and preheat oven to 400 degrees. **Wash and dry all produce.** Halve **zucchini** lengthwise, then slice into ½-inch-thick half-moons. Zest and halve **lemon**. Peel **potatoes**, then cut into ½-inch pieces. Halve, peel, and thinly slice **shallots**. Trim, then thinly slice **scallions**.



4 MASH POTATOES

Return empty pot to stove over low heat and add **2 TBSP butter**. Once melted, return **potatoes** to pot; mash until smooth. Stir in **cream cheese** and **sour cream**. Add enough **cooking water** to create a creamy consistency (you may not use all). Season with plenty of **salt** and **pepper**. Set aside, covered to keep warm. Heat a large drizzle of **oil** in a large pan over medium-high heat. Pat **chicken** dry with paper towels. Season with salt, pepper, and **Italian seasoning**.

Share your #HelloFreshPics with us! | (646) 846-3663 [HelloFresh.com](https://www.hellofresh.com) | hello@hellofresh.com



2 ROAST ZUCCHINI AND LEMON

Toss **zucchini** with **lemon zest**, a drizzle of **olive oil**, **salt**, and **pepper** on a baking sheet. Place **lemon halves** on sheet beside zucchini. Roast, flipping halfway through, until tender and browned, about 10 minutes. Set aside, covered.



5 COOK CHICKEN AND SAUCE

Add **chicken** to pan and cook until no longer pink in center, 2-4 minutes per side. Set aside on a plate, covered. Add **2 TBSP butter** and **shallots** to same pan over medium-high heat. Cook, stirring, until shallots soften slightly, 1-2 minutes. Stir in **stock concentrates** and ¼ **cup water**, scraping up any browned bits on bottom. Bring to a boil, then lower heat and simmer until thick and saucy, 2-4 minutes. Season with **salt** and **pepper**.



3 BOIL POTATOES

Meanwhile, place **potatoes** in a medium pot with enough **salted water** to cover by 1 inch. Cover and bring to a boil over medium-high heat. Cook until tender, 12-15 minutes. Scoop out and reserve ¼ **cup cooking water**, then drain.



6 PLATE AND SERVE

Reduce heat under pan to low and stir in any **juices** released by chicken. Top **zucchini** with as much **juice** from roasted lemon as you'd like; toss to coat. Divide **chicken**, **potatoes**, and zucchini between plates. Top chicken with **sauce**. Garnish with **scallions** and serve.

FRESH TALK

How many green vegetables can you name?

WK 52 NJ-5_FAM