



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



Zucchini



Parmesan Cheese
(Contains: Milk)



Lemon



Green Beans



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

INGREDIENTS

Ingredient 2-person | 4-person

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

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1 PREP Wash and dry all produce. Preheat oven to 400 degrees. Peel **potatoes**, then cut into ½-inch cubes. Trim any stems from **green beans**. Grate **zucchini** on holes of a box grater. Place shreds in center of a clean kitchen towel. Gather towel corners and squeeze as much liquid as you can from zucchini over a 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 2 inches. Bring to a boil and cook until easily pierced by a fork, 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.



2 POUND CHICKEN Mix **Parmesan** and **zucchini** in a medium bowl and reserve. Place each **chicken breast** between two pieces of plastic wrap. Pound with a mallet or large pan until ½-inch thick. Season all over with **salt** and **pepper**.



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 fork or potato masher until very smooth. Season with **salt** and **pepper**. **TIP:** Add more milk if **potatoes** seem stiff.



3 BAKE CHICKEN Place **chicken breasts** on a baking sheet and brush a drizzle of **olive oil** onto each. Top with a thick layer of **zucchini mixture**. Bake in oven until just cooked through, about 12 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 PLATE Cut **lemon** into wedges. Divide **potatoes, chicken, and green beans** between plates. Serve with lemon wedges on the side for squeezing.

GO GREEN!

Zucchini and green beans mean double the veggie fun.