



S.F.P.  
2016

## Zucchini-and-Parmesan-Crusted Chicken

with Mashed Potatoes and Green Beans

Topping chicken with zucchini and nutty Parmesan cheese may sound odd, but it somehow keeps the meat moist and incredibly tender in the oven. Plus, it'll get your entire family eating more greens. When it comes to sides, our chefs chose silky mashed potatoes and green beans. After all, you can't go wrong with the classics.



**Prep:** 10 min  
**Total:** 30 min



level 1



nut  
free



gluten  
free



Chicken  
Breasts



Baby New  
Potatoes



Green  
Beans



Zucchini



Parmesan  
Cheese



Milk



Lemon

## Ingredients

		4 People
Chicken Breasts		24 oz
Baby New Potatoes		24 oz
Green Beans		12 oz
Zucchini		2
Parmesan Cheese	1)	½ Cup
Milk	1)	½ Cup
Lemon		1
Butter*	1)	2 T
Olive Oil*		4 t

\*Not Included

## Allergens

1) Milk

## Tools

Medium pot, Box grater, Kitchen towel, 2 Bowls, Baking sheet, Slotted spoon, Strainer, Masher

**Nutrition per person** Calories: 514 cal | Fat: 18 g | Sat. Fat: 8 g | Protein: 53 g | Carbs: 41 g | Sugar: 10 g | Sodium: 304 mg | Fiber: 9 g



**1 Boil the potatoes and prep the zucchini mixture: Wash and dry all produce.** Preheat the oven to 400 degrees. Place the **potatoes** into a medium pot with a pinch of **salt** and enough water to cover them by 2 inches. Bring to a boil and cook 15-20 minutes, until fork-tender. Using a box grater, grate the **zucchini** and place into the center of a kitchen towel. Gather the corners of the towel, and squeeze over a bowl to remove excess moisture. Put the zucchini in another bowl and toss with the **Parmesan cheese**. Season generously with **salt** and **pepper**.

**2 Bake the chicken:** Season the **chicken** on both sides with **salt** and **pepper**. Drizzle each chicken **breast** on all sides with **1 teaspoon olive oil**. Place onto a baking sheet. Top each chicken breast with a thick layer of the **zucchini mixture**. Bake about 15 minutes, until just cooked through. During the last 2 minutes of cooking, turn broiler to high and broil about 2 minutes, until golden brown and crispy on top.

**3 Cook the green beans:** Trim the ends off the **green beans**. With about 3 minutes left to go on the **potatoes**, add the green beans to the boiling water. Cook about 3 minutes, until crisp-tender. Remove the green beans with a slotted spoon.

**4 Mash the potatoes:** Drain the **potatoes**, and return them to the same pot. With a fork or potato masher, mash the potatoes with **¼ cup milk** (we sent more) and **2 Tablespoons butter**, until very smooth. Season generously with **salt** and **pepper**.

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

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