



HALL OF FAME

CHICKEN UNDER A ZUCCHINI BLANKET

with Mashed Potatoes and Green Beans



HELLO

HALL OF FAME

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

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

What makes this recipe worthy of the HelloFresh Hall of Fame? According to our customers, it's the nifty zucchini topping. Squeeze out as much moisture as you can from it so it's extra crisp.

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

The Boardwalk Clarksburg
California 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 2 inches. 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**. **TIP:** Make the silkiest potatoes ever with a masher from [HelloFresh.com/Shop](https://www.hellofresh.com/shop)



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 green beans mean double the veggie fun.

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