

Zucchini & Parmesan Topped Chicken

OK team: this one's a winner, no muckin' about in the shop. Cooking the chicken breast in a blanket of grated zucchini, chilli flakes and Parmesan cheese keeps it toasty warm and oh so moist. The rest of this recipe is so easy we reckon you might even have time to take up a new hobby. Tennis, anyone?



Prep: 10 mins Cook: 30 mins Total: 40 mins





gluten

















Zucchini



Chicken Breast



Parmesan Cheese











Potatoes

Green Beans



2P	4P	Ingredients	
1	2	zucchini, grated & excess moisture removed	
2 fillets	4 fillets	chicken breast	
½ block	1 block	Parmesan cheese, grated	
½ tsp	1 tsp	chilli flakes (caution: spicy)	
2 tsp	1 tbs	olive oil *	
500 g	1 kg	potatoes, peeled & roughly chopped	
100 g	200 g	greens beans, trimmed	
2 tbs	4 tbs	milk *	
1 tsp	2 tsp	butter *	
1/2	1	lemon, cut into wedges	

	Ingredient features
	in another recipe

Pantry Items

Pre-preparation

Nutrition per serve				
Energy	2230	Kj		
Protein	49.9	g		
Fat, total	18.6	g		
-saturated	6.6	g		
Carbohydrate	37.2	g		
-sugars	5	g		
Sodium	261	mg		



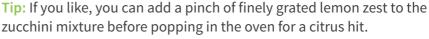
You will need: chef's knife, chopping board, grater, paper towels, meat mallet or rolling pin, small bowl, baking paper lined oven tray, large saucepan, strainer, and a potato masher.

- Preheat the oven to 200°C/180°C fan-forced.
- Spread the zucchini out between paper towels to soak up any excess liquid that still remains.





4 In a small bowl, combine the zucchini, Parmesan cheese and chilli flakes. Season with salt and pepper. Coat each chicken breast in half of the olive oil and place on the prepared oven tray. Spoon the zucchini mixture over the top side of the chicken in a thick layer. Cook in the oven for 20 minutes. Turn the oven grill to hot and cook for a further **5-10 minutes** or until the top is nice and crispy and the chicken is cooked through.





Meanwhile, place the **potato** in a large saucepan and cover with water. Bring to the boil and cook for 20 minutes or until tender. In the last **2 minutes** of cooking add the **green beans** to the saucepan. Drain. Set the green beans aside and return the potato to the pan. Add the milk and butter and mash with a potato masher until smooth. Season to taste with salt and pepper.



To serve, divide the chicken, green beans and mashed potato between plates. Serve with the lemon wedges.