

## **Zucchini Parmesan Chicken with Green Beans & Mash**

OK team: this one's a winner, no muckin' about in the shop. Cooking the chicken breast under a blanket of grated zucchini and Parmesan cheese keeps it toasty warm and oh-so-moist. Little hands are perfect to help with grating zucchini.



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



level 1



eat me first



nut free

## **Pantry Items**









Ruttor



7ucchini



Free Range Chicken Breast



Parmesan Chees









Green Be

Lemon

2 zucchini, grated & excess moisture squeezed out 4-5 fillets free range chicken breast 1 tbs olive oil * 1 block Parmesan cheese, finely grated 3 potatoes, washed, unpeeled & cut into 2 cm pieces 3 packet green beans, ends trimmed 4 cup milk * 2 tbs butter * 1 lemon, cut into wedges	QTY	Ingredients	
1 tbs olive oil *  1 block Parmesan cheese, finely grated  3 potatoes, washed, unpeeled & cut into 2 cm pieces  3 packet green beans, ends trimmed  4 cup milk *  2 tbs butter *	2	zucchini, grated & excess moisture squeezed out	
1 block Parmesan cheese, finely grated  3 potatoes, washed, unpeeled & cut into 2 cm pieces  ½ packet green beans, ends trimmed  ¼ cup milk *  2 tbs butter *	4-5 fillets	free range chicken breast	
3 potatoes, washed, unpeeled & cut into 2 cm pieces  3 packet green beans, ends trimmed  4 cup milk *  2 tbs butter *	1 tbs	olive oil *	
## packet green beans, ends trimmed     ## cup milk *     2 tbs butter *	1 block	Parmesan cheese, finely grated	
½ cup milk * 2 tbs butter *	3	potatoes, washed, unpeeled & cut into 2 cm pieces	
2 tbs butter *	⅔ packet	green beans, ends trimmed	<del>*************************************</del>
2.00	1⁄4 cup	milk *	
1 lemon, cut into wedges	2 tbs	butter *	
	1	lemon, cut into wedges	

Ingredient features in another recipe				
* Pantry Iter	ns			
Pre-prepar	ation			
Nutrition per	serve			
Energy	2140	Kj		
Protein	48.6	g		
Fat, total	23.2	g		
-saturated	9.7	g		
Carbohydrate	23.9	g		

Sodium



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

- 1 Preheat the oven to 200°C/180°C fan-forced. Bring a large saucepan of salted water to the boil.
- 2 Spread out the **zucchini** between paper towels to soak up any excess liquid that still remains.
- 3 Pound each **chicken breast** with a meat mallet or rolling pin until they are 1 cm thick. Coat each chicken breast in the **olive oil** and place on the prepared oven tray.
- 4 In a medium bowl, combine the zucchini and the grated Parmesan cheese with a good grind of salt and pepper. Then spoon the grated zucchini mixture over the top side of the chicken in a thick layer. Place the tray in the oven for 15 minutes, and then under a hot grill for 5-10 minutes, or until the Parmesan crust is crispy and the chicken is cooked through.

Tip: Adults can add a pinch of finely grated lemon zest to the zucchini mixture before popping in the oven for a citrus hit.

- 5 Meanwhile, place the **potato** in the large saucepan of boiling water. Cook for **20 minutes**, or until tender. In the last **3 minutes**, add the **green beans** to the saucepan. Drain. Set aside the green beans and return the potato to the pan. Add the **milk** and **butter** and mash with a potato masher or fork until smooth. Season to taste with salt and pepper.
- **6** To serve, divide the chicken, green beans and mashed potato between plates. Serve with the **lemon wedges**.





