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HERBY PARMESAN-CRUSTED CHICKEN

with Garlic Mashed Potatoes & Roasted Zucchini

WHAT WE SEND

(2 servings | 4 servings)

CALORIES **640**

PREP IN **10 MIN**

READY IN **35 MIN**

* Keep refrigerated



Potatoes*
(12 oz | 24 oz)



Garlic
(2 Cloves | 4 Cloves)



Zucchini*
(1 | 2)



Chicken Breasts*
(10 oz | 20 oz)



Shredded Parmesan*
(1 | 2)
Contains: Milk



Panko Breadcrumbs
(1 | 1)
Contains: Wheat



Italian Seasoning
(1 | 2)



Sour Cream*
(2 | 4)
Contains: Milk



If you chose to modify your meal, follow the **CustomPlate** instructions on the flip side of this card.



Broccoli 🌱
(1 | 2)
Calories: 660

You may receive potatoes that are a different color. No matter the hue, they will be just as delicious!

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\$20

WHAT YOU'LL NEED

Kosher Salt
Black Pepper

Olive Oil
(1 TBSP | 2 TBSP)

Butter
(2 TBSP | 4 TBSP)
Contains: Milk

1.



Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 450 degrees. Wash and dry produce. Dice potatoes into ½-inch pieces. Peel garlic. Trim and halve zucchini lengthwise; slice crosswise into ½-inch-thick half-moons.

↔ Cut broccoli into bite-size pieces if necessary.

3.



While potatoes and garlic cook, pat chicken dry with paper towels and season with salt and pepper; place on one side of a baking sheet. (For 4 servings, arrange across entire sheet.) In a small bowl, combine Parmesan, half the panko, a large drizzle of olive oil, 1 tsp Italian Seasoning (you'll use more later), salt, and pepper. (For 4 servings, use all the panko and 2 tsp Italian Seasoning.) Spread tops of chicken with half the sour cream (you'll use the rest later), then mound with panko mixture, pressing firmly to adhere (no need to coat the undersides).

5.



Meanwhile, mash potatoes and garlic with remaining sour cream and 2 TBSP butter (4 TBSP for 4 servings) until smooth, adding splashes of reserved potato cooking liquid as needed (we used ¼ cup; ½ cup for 4). Season generously with salt and pepper. Divide mashed potatoes, chicken, and roasted zucchini between plates.

2.



Place potatoes and garlic cloves in a medium pot with enough salted water to cover by 2 inches. Bring to a boil and cook until tender when pierced with a fork, 10–12 minutes. Reserve ½ cup potato cooking liquid, then drain and return potatoes and garlic to pot. Keep covered off heat until ready to mash.

4.



Toss zucchini on opposite side of sheet from coated chicken with a drizzle of olive oil, 1 tsp Italian Seasoning (2 tsp for 4 servings; be sure to measure—we sent more), salt, and pepper. Roast on top rack until chicken is browned and cooked through and zucchini is browned and tender, 15–20 minutes. (For 4, toss zucchini on a second sheet and roast on middle rack.)

↔ Roast chicken (without broccoli) for 5 minutes. Once chicken has roasted 5 minutes, swap in broccoli for zucchini; roast 12–15 minutes more.