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CHICKEN PARM with Monterey Jack, Zucchini & Garlic Bread

WHAT WE SEND

* Keep refrigerated

(2 servings | 4 servings)

CALORIES **750**

PREP IN **5 MIN**

READY IN **30 MIN**

* Times may vary based on CustomPlate choices.



Zucchini*
(1 | 2)



Garlic
(1 Clove | 2 Cloves)



Ciabatta*
(1 | 2)
Contains: Soy, Wheat



Italian Seasoning
(1 | 2)



Panko Breadcrumbs
(1 | 2)
Contains: Wheat



Chicken Breasts*
(10 oz | 20 oz)



Sour Cream*
(1 | 2)
Contains: Milk



Marinara Sauce
(1 | 2)



Shredded Monterey Jack*
(1 | 2)
Contains: Milk



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



Green Beans*
(1 | 2)
Calories: 760

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WHAT YOU'LL NEED

Kosher Salt
Black Pepper

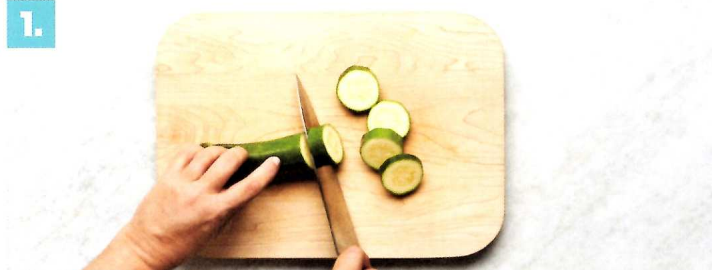
Butter
(2 TBSP | 4 TBSP)
Contains: Milk

Cooking Oil
(1 tsp | 2 tsp + more for frying)

In step 4, you'll pound your chicken nice and thin between 2 pieces of plastic wrap. (Psst—you could also use a big zip-top bag.) Think of this process as your weeknight stress reliever and (more importantly) your ticket to fast, even cooking and crispy edges! That's a win-win-win.

6 SERVINGS If you ordered a 6-serving meal, combine the 2- and 4-serving ingredient amounts as needed and cook in batches or larger cooking vessels (where it makes sense). Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

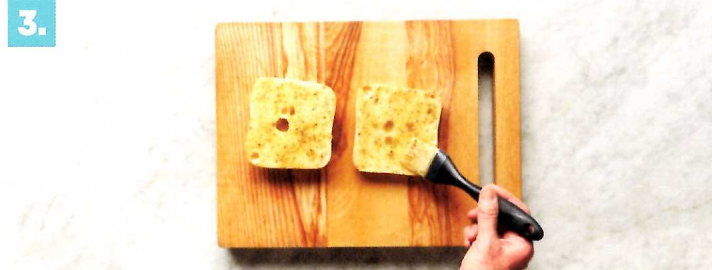
1.



Adjust rack to top position. Preheat oven to 425 degrees. **Wash and dry produce.** Trim and slice **zucchini** crosswise into ½-inch-thick rounds. Peel and finely chop **garlic**. Halve **ciabatta**.

 Trim **green beans** if necessary.

3.



While zucchini cooks, place **garlic** and **2 TBSP butter** (**4 TBSP for 4 servings**) in a small microwave-safe bowl. Microwave until melted and fragrant, 30 seconds. Brush onto cut sides of **ciabatta**, then season with **salt** and **pepper**. Place cut sides up on a baking sheet. Toast on top rack until lightly golden, 3–5 minutes. Transfer to a cutting board. Once cool enough to handle, halve each piece on a diagonal to create triangles.

5.



Transfer **cooked chicken** to baking sheet used for ciabatta. Spread tops of chicken with **marinara** and sprinkle with **cheese**. Return to oven until cheese melts and begins to brown, 3–4 minutes. (**Watch carefully to avoid burning.**)

Chicken is fully cooked when internal temperature reaches 165°.

2.



Heat a **drizzle of oil** in a large pan over medium-high heat. Add **zucchini** and season with **1 tsp Italian Seasoning** (**2 tsp for 4 servings**), **salt**, and **pepper**. (**You'll use the rest of the Italian Seasoning later.**) Cook, stirring often, until browned and tender, 4–7 minutes. Turn off heat; transfer to a plate. Wipe out pan. Tent with foil to keep warm.

 Swap in **green beans** for zucchini; cook 5–6 minutes (if green beans haven't softened, add 1–2 TBSP water and cook a bit longer).

4.



In a shallow dish, combine **panko** with **remaining Italian Seasoning**. Season with **salt** (**we used 1 tsp; 2 tsp for 4 servings**) and **pepper**; set aside. Pat **chicken** dry with paper towels; place between 2 large pieces of plastic wrap. Pound with a rolling pin or mallet until chicken is about ½ inch thick. Season all over with **salt** and **pepper**. (**If your chicken is already ½ inch thick, skip the pounding!**) Brush **chicken** all over with **sour cream**. Working with one piece at a time, press chicken into **panko mixture**, coating all over. Heat a **⅓-inch layer of oil** in pan used for zucchini over medium-high heat. Once oil is shimmering and hot enough that a pinch of panko mixture sizzles when added to the pan, add coated chicken. Cook until crust is golden brown and chicken is cooked through, 3–5 minutes per side.

6.



Divide **chicken**, **zucchini**, and **garlic bread** between plates.