



JUN
2016

Chicken & Spinach Salad

with Cheesy Roasted Zucchini and Tomatoes

You won't have to convince anyone to finish their veggies tonight. These cheesy roasted vegetables will convert even the pickiest of eaters. Coated with a layer of parmesan, mozzarella, and panko, you'll be fighting over the last bite!



Prep: 5 min
Total: 30 min



level 1



nut free



Chicken Breasts



Parmesan
Cheese



Roma Tomato



Spinach



Panko
Breadcrumbs



Italian
Seasoning



Mozzarella
Cheese



Lemon



Zucchini

Ingredients

	2 People	4 People
Chicken Breasts	12 oz	24 oz
Parmesan Cheese	1) ¼ Cup	½ Cup
Roma Tomato	1	2
Spinach	5 oz	10 oz
Panko Breadcrumbs	2) 3) ¼ Cup	½ Cup
Italian Seasoning	1 T	2 T
Mozzarella Cheese	1) 4 oz	8 oz
Zucchini	1	2
Lemon	1	1
Olive Oil*	4 t	8 t

*Not Included

Allergens

- 1) Milk
- 2) Wheat
- 3) Soy

Tools

Baking sheet, Large pan, Large bowl

Nutrition per person Calories: 587 cal | Fat: 31 g | Sat. Fat: 13 g | Protein: 63 g | Carbs: 23 g | Sugar: 6g | Sodium: 618 mg | Fiber: 7 g

Ruler

0 in ¼ in ½ in ¾ in 1 in

1



1 Prep the ingredients: Wash and dry all produce. Preheat the oven to 425 degrees. Slice the **zucchini** into 1/4-inch rounds. Cut the **tomato** into wedges. Chop the **mozzarella cheese** into ½-inch cubes. Halve the **lemon**.

2



2 Roast the zucchini and tomato: Toss the **zucchini** and **tomatoes** on a baking sheet with a large drizzle of **olive oil**. Season with half the **Italian seasoning**, **salt**, and **pepper**. Place in the oven for 20-25 minutes, flipping halfway through cooking, until softened and slightly golden brown.

3



3 Butterfly the chicken: Place your hand on top of the **chicken breast** and slice into the middle of the meat, parallel to the cutting board. Stop before cutting all the way through. Open the chicken up like a book and flatten with a mallet or large pan. Repeat with the other chicken breast. Season on all sides with **salt**, **pepper**, and the remaining **Italian seasoning**.

5



4 Cook the chicken: Heat a drizzle of **olive oil** in large pan over medium-high heat. Add the **chicken** to the pan and cook for 3-5 minutes per side, until golden brown and cooked through. Let the chicken rest for 3 minutes. Once rested, slice into thin strips.

5 Broil the veggies: With 5 minutes left on the **zucchini** and **tomatoes**, remove the baking sheet from the oven. Heat the broiler to high or the oven to 500 degrees. Sprinkle the vegetables with the **panko**, **parmesan**, and **mozzarella cheese**. Broil for 3-5 minutes, watching carefully, until golden brown and melted.

6 Plate and serve: In a large bowl, toss the **spinach** with a drizzle of **olive oil**, a squeeze of **lemon juice**, and a pinch of **salt** and **pepper**. Serve the **cheesy roasted zucchini** and **tomatoes** along with the sliced **chicken** on a bed of **spinach** and enjoy!

Share your masterpiece! Tag your photos with #HelloFreshPics and share on you'll be entered into our weekly photo contest!

