

# Smart Ground Chicken Parmesan-Style Patties

with Veggie Medley and Potatoes

Carb Smart

Calorie Smart

30 Minutes



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Parmesan Cheese,

Red Potato





Mozzarella Cheese,



shredded





Parsley

Marinara Sauce



Mushrooms







Zucchini



## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

### oil 4 person Ingredient

#### Bust out

Baking sheet, medium bowl, measuring spoons, large bowl, parchment paper, large non-stick pan, 8x8-inch baking dish

# Ingredients

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	2 Person	4 Person
Ground Chicken •	250 g	500 g
Parmesan Cheese, grated	1/4 cup	½ cup
Mozzarella Cheese, shredded	¾ cup	1 ½ cups
Red Potato	150 g	300 g
Shallot	100 g	200 g
Marinara Sauce	½ cup	1 cup
Mushrooms	113 g	227 g
Parsley	7 g	14 g
Zucchini	200 g	400 g
Oil*		

Salt and Pepper

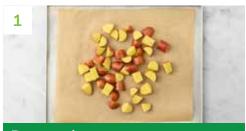
- \* Pantry items
- \*\* Cook to a minimum internal temperature of 74°C/165°F.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.





### Prep and roast potatoes

- Cut potatoes into ½-inch pieces.
- Add potatoes and 1 tsp (2 tsp) oil to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, until bottom side is golden-brown, 10-12 min. (NOTE: Potatoes will finish cooking with veggies in step 5.)



#### Prep

- Meanwhile, roughly chop parsley.
- Peel, then cut **shallots** into 1-inch pieces.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Quarter mushrooms.
- Add 2 tsp (4 tsp) oil, shallots, zucchini and mushrooms to a medium bowl. Season with **salt** and **pepper**, then toss to combine. Set aside.



## Make patties

- Combine chicken, half the parsley, half the Parmesan, ¼ tsp (½ tsp) salt and 1/8 tsp (1/4 tsp) pepper in a large bowl.
- Divide chicken mixture into 2 equal portions (4 portions for 4 ppl).
- Form each portion into a
- 1-inch-thick patty. (TIP: Lightly wet hands to form patties!)



# Cook patties

- · Heat a large non-stick pan over mediumhigh heat.
- When hot, add 2 tsp oil, then patties. (NOTE: Don't overcrowd the pan; cook patties in 2 batches if needed, using 2 tsp oil per batch.)
- Sear until golden-brown on both sides, 2-3 min.
- Transfer patties to an 8x8-inch baking dish. Spoon marinara sauce over tops of patties, then top with mozzarella.
- Bake in the top of the oven until cheese is melted and patties are cooked through, 12-14 min. \*\*



## Roast veggies

- When golden-brown on one side, flip potatoes.
- Add **veggies** from the medium bowl to the baking sheet with **potatoes**. Arrange in a single layer.
- Return the baking sheet to the oven. Roast until veggies are tender-crisp and potatoes are tender, 12-14 min.



#### Finish and serve

- Sprinkle remaining parsley and remaining Parmesan over veggies, then toss to combine.
- Divide veggies and patties between plates.
- Top patties with any remaining sauce from the baking dish.

## Dinner Solved!