



Smart Ground Chicken Parmesan-Style Patties

with Veggie Medley and Potatoes

Carb Smart

Calorie Smart

30 Minutes



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Ground Chicken



Parmesan Cheese,
grated



Mozzarella Cheese,
shredded



Red Potato



Shallot



Marinara Sauce



Mushrooms



Parsley



Zucchini

HELLO MARINARA SAUCE

Italian tomato sauce flavoured with onions, garlic and herbs!

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

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

Ingredients

	2 Person	4 Person
Ground Chicken*	250 g	500 g
Parmesan Cheese, grated	¼ 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.



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1



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.)

4



Cook patties

- Heat a large non-stick pan over medium-high 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. **

2



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.

5



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.

3



Make patties

- Combine **chicken**, **half the parsley**, **half the Parmesan**, ¼ tsp (½ tsp) **salt** and ⅛ tsp (¼ 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!)

6



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!