

# 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





**Red Potato** 



Shallot

Mozzarella Cheese,

shredded





Marinara Sauce



Sweet Bell Pepper



Parsley



Zucchini



This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

**HELLO MARINARA SAUCE** 

## Start here

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

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

#### **Bust out**

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

## Ingredients

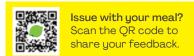
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	2 Person	4 Person
Ground Chicken •	250 g	500 g
Ground Turkey	250 g	500 g
Parmesan Cheese, grated	1/4 cup	½ cup
Mozzarella Cheese, shredded	¾ cup	1 ½ cups
Red Potato	150 g	300 g
Shallot	100 g	200 g
Marinara Sauce	½ cup	1 cup
Sweet Bell Pepper	160 g	320 g
Parsley	7 g	14 g
Zucchini	200 g	400 g
Oil*		
Salt and Pepper*		

- \* Pantry items
- \*\* Cook chicken and turkey 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.
- Core, then cut **pepper** into ½-inch pieces.
- Add 2 tsp (4 tsp) oil, shallots, zucchini and peppers 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 ¼ tsp (¼ tsp) pepper in a large bowl.
- Divide chicken mixture into
- 2 equal-sized portions (4 portions for 4 ppl).
- Form each portion into a
- **1-inch-thick patty**. (TIP: Lightly wet hands to form patties!)

If you've opted to get **turkey**, prepare and cook it in the same way the recipe instructs you to prepare cook the **chicken**.\*\*



#### 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!