

Mediterranean-style Grilled Chicken with Zucchini Fritters and Tzatziki

hellóchef

Cals 787 • Prot 79 • Carbs 29 • Fat 42

This recipe is based on the Mediterranean diet which is more of an eating pattern than a strict diet. It's based on research stating that people living in Mediterranean countries live longer!

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🕒 cook: 45 min

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Zucchini fritters	2 ppl	3 ppl	4 ppl	
Small zucchini	2	3	4	Piece
Salt	1	2	2	Tsp
Spring onion	40	60	80	Grams
Fresh parsley	15	15	15	Grams
Organic Eggs 5*	1	2	2	Piece
Grated mozzarella 4*	60	90	120	Grams
Feta cheese 4*	50	75	100	Grams
Black pepper	0.5	0.5	1	Tsp
Almond flour 1*, 2*	80	120	160	Grams
Vegetable oil	2	2	4	Tbsp
Tzatziki				
Fresh dill	15	15	15	Grams
Cucumber	2	2	4	Piece
Garlic cloves	0.5	0.5	1	Piece
Greek yogurt 4*	150	150	300	Grams
Lemon	1	1	1	Piece
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Chicken				
Chicken breast	400	600	800	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp

Allergens

*5 Eggs, *4 Milk, *1 Peanuts, *2 Tree Nuts

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3288 / 787
Fat (g)	42.3
of which saturates (g)	13.3
Carbohydrate (g)	29
of which sugars (g)	6.7
Fiber (g)	8.5
Protein (g)	78.7
Salt (g)	3.4

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep zucchini

Preheat the grill to high. Grate the **zucchini**s and add it to a colander with a generous sprinkle of **salt**. Place in the sink for 10 min. After 10 min, add the **zucchini** to a clean tea towel and squeeze out any moisture.



2 Make tzatziki

Meanwhile, finely chop the **dill**. Grate the **cucumber** and squeeze the excess liquid out with your hands. Peel and mince the **garlic**. In a bowl, combine the **Greek yogurt, grated cucumber, garlic** and **dill** with a squeeze of **lemon**. Season with **salt** and **pepper**. This is your **tzatziki**.



3 Make batter

Trim and finely chop the **spring onions**. Finely chop the **parsley**. Add the **zucchini**s, **eggs, parsley, grated mozzarella, feta** and **spring onions** to a second bowl. Season with **salt** and **pepper**. Stir in the **almond flour**. Set aside.



4 Grill chicken

Place the **chicken** onto an oiled baking tray, drizzle with **oil** and season with **salt** and **pepper**. Grill for 10 min or until cooked through.



5 Fry fritters

Meanwhile, heat a large pan over a medium-high heat with a drizzle of **oil**. With clean hands, shape the batter into **patties**, squeezing them so they stick together. Add to the pan and cook for 2-3 min on each side until browned and cooked through.



6 Serve

Once done, top the **chicken** with a squeeze of **lemon**. Serve the grilled **chicken** with the **zucchini fritters** and the **tzatziki** to the side.