

martha stewart — & — MARLEY SPOON

REBOOT Parmesan Oven-Fried Chicken

with Creamy Braised Zucchini



30-40min



2 Servings

Parmesan makes a golden, gluten-free coating for juicy chicken thighs. The thighs are first dipped in egg, then pressed into a mixture of finely grated cheese, lemon zest, salt and pepper, and finally baked, creating a frico-style crust that is nutty, crunchy, and deeply satisfying.

What we send

- garlic (use 1 large clove)
- 2 (¾ oz) pieces Parmesan ⁷
- 1 lemon
- ¼ oz fresh parsley
- 1 zucchini
- 12 oz boneless, skinless chicken thighs
- 3 oz mascarpone cheese ⁷

What you need

- olive oil
- large egg ³
- kosher salt & ground pepper

Tools

- microplane or grater
- rimmed baking sheet
- small saucepan

Allergens

Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 620kcal, Fat 43g, Carbs 4g, Protein 54g



1. Prep ingredients

Preheat oven to 450°F with a rack in center. Peel and finely grate **½ teaspoon garlic**. Finely grate **all of the Parmesan**. Finely grate **1 teaspoon lemon zest**, then squeeze **1 teaspoon juice** into a small bowl, keeping them separate. Pick **parsley leaves** from stems; discard stems and finely chop leaves. Trim **zucchini** ends, then cut into ½-inch-thick half-moons.



4. Braise zucchini

Heat **1 tablespoon oil** in a small saucepan over medium-high. Cook **zucchini**, stirring, until golden, 2–3 minutes. Stir in **remaining grated garlic**, **3 tablespoons of the mascarpone**, and **2 tablespoons water**. Season with **salt** and **pepper**. Reduce heat to low, cover and cook until zucchini is very tender, 6–7 minutes.



2. Prep coating

Lightly **oil** a rimmed baking sheet. Beat **1 large egg** in a shallow bowl; season with **salt** and **pepper**. In a second shallow bowl, combine **Parmesan**, **lemon zest**, **¼ teaspoon of the grated garlic**, and **several grinds of pepper**. Pat **chicken** dry. Dip chicken into egg, letting excess drip back into the bowl, then press into Parmesan mixture, tapping off excess.



5. Make sauce

Into the small bowl with **lemon juice**, add **remaining mascarpone**, **1 teaspoon water**, and **2 teaspoons of the chopped parsley**, whisking to combine. Season to taste with **salt** and **pepper**.



3. Cook chicken

Place **chicken** on prepared baking sheet. Bake on center oven rack until browned and cooked through, flipping chicken once, 15–20 minutes.



6. Finish & serve

Place **chicken** on plates. Stir **1 teaspoon of the chopped parsley** into **braised zucchini**, then spoon onto plates alongside chicken. Sprinkle **remaining chopped parsley** on top, and drizzle **sauce** over **chicken**. Enjoy!