

DINNERLY

Low Carb: Lemon-Rosemary Chicken

with Zucchini Fritters



2 Servings

WHAT WE SEND

- 10 oz pkg boneless, skinless chicken breast
- 2 zucchini
- 1 lemon
- ¼ oz fresh rosemary
- ¼ oz fresh parsley
- ¾ oz Parmesan ¹
- 2 (¼ oz) cornstarch

WHAT YOU NEED

TOOLS

ALLERGENS

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 0kcal



1. Shred zucchini. In a colander, toss with 1 teaspoon salt. Drain for 10 minutes. Squeeze dry in a towel; add to a large bowl. Add 1 clove chopped garlic, chopped parsley, ½ lemon zest, grated Parm, 1 egg white, and .5 oz cornstarch.



2. Marinade: 1 Tbsp lemon juice. 1 clove grated garlic. ½ Tbsp chopped rosemary. 3 Tbsp oil. Set aside half. Pound chicken to ½-inch thickness if necessary; season with salt and pepper.

