

# DINNERLY



## Low-Carb Lemon-Rosemary Chicken with Zucchini Fritters



40-50min



2 Servings

"Low carb" and "fritters" on the same plate? Dreams do come true. We've got you covered!

### WHAT WE SEND

- 2 zucchini
- ¼ oz fresh rosemary
- 2 scallions
- 1 lemon
- ¾ oz Parmesan <sup>3</sup>
- 8 oz pkg salmon filets <sup>2</sup>
- 1 oz sour cream <sup>3</sup>

### WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- olive oil
- large egg <sup>1</sup>
- all-purpose flour (or gluten-free alternative)

### TOOLS

- box grater
- fine-mesh sieve
- rimmed baking sheet
- medium nonstick skillet

### ALLERGENS

Egg (1), Fish (2), Milk (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 670kcal, Fat 46g, Carbs 22g, Protein 44g



#### 1. Prep zucchini

Preheat oven to 400°F with a rack in the lowest position. Grate **zucchini** on the large holes of a box grater. Toss zucchini with **1 teaspoon salt**; let drain in a fine-mesh strainer set over a bowl for 10 minutes. Wrap zucchini in paper towels and squeeze out excess liquid, discarding liquid in bowl. Transfer zucchini to bowl.



#### 2. Prep ingredients

Mince **2 large garlic cloves**. Pick and finely chop **½ tablespoon rosemary** (save rest for own use). Trim **scallions**; thinly slice. Zest **half of the lemon**; into a medium bowl, squeeze **1 tablespoon juice**. Finely grate **Parmesan**, if necessary.

Into bowl with lemon juice, stir in **rosemary, half of the garlic**, and **3 tablespoons oil**; transfer half to a small bowl for serving.



#### 3. Marinate chicken

Pat **chicken** dry; pound to ½-inch thickness, if desired. Season all over with **salt** and **pepper**. Add to bowl with **remaining marinade** and mix to coat.

To **zucchini**, add **scallions, Parmesan, lemon zest, remaining garlic, 1 large egg**, and **3 tablespoons flour**; stir until evenly mixed.



#### 4. Bake fritters

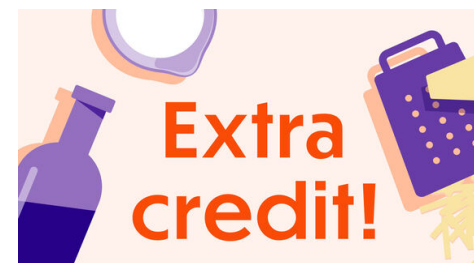
Drizzle **2 tablespoons oil** onto a rimmed baking sheet. Drop 2-tablespoon-sized portions of **zucchini batter** over baking sheet; press into ½-inch thick fritters. Bake on lowest oven rack until fritters are deeply browned on the bottom, about 20 minutes. Using a thin spatula, flip fritters and continue baking until browned on second side, about 10 minutes.



#### 5. Cook chicken; serve

In a medium nonstick skillet, heat **1 teaspoon oil** over medium-high. Add **chicken** and cook until golden brown and cooked through, 3–4 minutes per side. Transfer to a cutting board to rest, 5 minutes.

Thinly slice **chicken**, if desired; spoon over **remaining marinade**. Dollop **fritters** with **sour cream** and serve with **chicken**. Enjoy!



#### 6. Rate your plate!

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