



# HOT HONEY BRUSSELS & LEMON RICOTTA FLATBREADS

with Mike's Hot Honey®, Parmesan & Italian Cheeses

## INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz  
Brussels Sprouts



1 TBSP | 1 TBSP  
Italian Seasoning



1 | 1  
Lemon



4 oz | 8 oz  
Ricotta Cheese  
Contains: Milk



2 | 4  
Flatbreads  
Contains: Sesame,  
Wheat



½ oz | 1 oz  
Mike's Hot  
Honey®



½ Cup | 1 Cup  
Italian Cheese  
Blend  
Contains: Milk



3 TBSP | 6 TBSP  
Parmesan Cheese  
Contains: Milk



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## HelloCustom

If you chose to modify your meal, follow the  
**HelloCustom** instructions on the flip side of this card.



10 oz | 20 oz  
Chopped Chicken  
Breast

Calories: 920



9 oz | 18 oz  
Italian Chicken  
Sausage Mix

Calories: 1010

PREP: 10 MIN | COOK: 30 MIN | CALORIES: 720



HELLO







### HALL OF FAME

Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

### SPROUTS HONOR

Shredding the Brussels sprouts in Step 1 provides a fun texture and helps with quick cooking.

### BUST OUT

- Large pan (or 2 large pans)  
- Small bowl
- Baking sheet
- Zester
- Paper towels  
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp)  
- Olive oil (5 tsp | 10 tsp)

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### 1 PREP BRUSSELS SPROUTS

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 450 degrees. **Wash and dry produce.**
- Trim and halve **Brussels sprouts** lengthwise. Lay flat and thinly slice crosswise into shreds.



### 2 COOK BRUSSELS SPROUTS

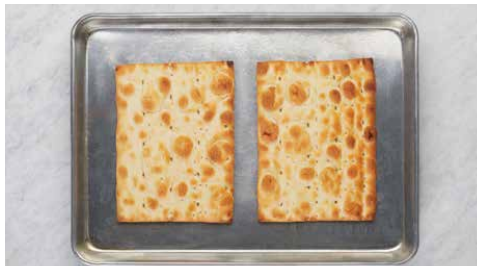
- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add **Brussels sprouts**; season with **½ tsp Italian Seasoning (1 tsp for 4 servings)** and a **pinch of salt and pepper.** (You'll use more Italian Seasoning in the next step.) Cook, stirring occasionally, until bright green and softened, 5-7 minutes. Remove from heat.

-  Pat **chicken\*** dry with paper towels and season all over with **salt and pepper.** Heat a **drizzle of oil** in a separate large pan over medium-high heat. Add chicken or **sausage\*** and cook, stirring frequently, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a paper-towel-lined plate.



### 3 MIX RICOTTA

- While Brussels sprouts cook, zest and quarter **lemon.**
- In a small bowl, combine **ricotta**, **half the lemon zest**, **½ tsp Italian Seasoning (be sure to measure—we sent more)**, and a **squeeze of lemon juice** to taste. (For 4 servings, use **¾ of the lemon zest and 1 tsp Italian Seasoning.**) Stir in **1 TBSP olive oil (2 TBSP for 4)** and season with **salt and pepper.**





### 4 TOAST FLATBREADS

- Place **flatbreads** on a baking sheet. Brush or rub each with a **drizzle of olive oil** and season with **salt and pepper.**
- Toast on top rack until golden brown, 3-5 minutes. (For 4 servings, divide flatbreads between 2 baking sheets; toast on top and middle racks, swapping rack positions halfway through baking.)



### 5 BAKE FLATBREADS


- Carefully spread **toasted flatbreads** with **lemon ricotta**. Top with **Brussels sprouts** in an even layer. Sprinkle with **Italian cheese blend** and **half the Parmesan (save the rest for serving).**
- Bake on top rack until cheese melts and flatbreads are crispy, 4-6 minutes.

-  Top **flatbreads** with **chicken** or  **sausage** along with **Brussels sprouts.**



### 6 FINISH & SERVE

- Cut **flatbreads** into pieces.
- Divide between plates and drizzle with **Mike's Hot Honey®.** Sprinkle with **remaining Parmesan** and **remaining lemon zest** to taste. Serve with any **remaining lemon wedges** on the side.

 \*Chicken is fully cooked when internal temperature reaches 165°.

 \*Chicken Sausage is fully cooked when internal temperature reaches 165°.