



ZUCCHINI & TOMATO FLATBREADS

with Lemon Ricotta, Fresh Parsley, Honey & Chili Flakes

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Zucchini



1 | 2
Tomato



1 Clove | 2 Cloves
Garlic



1 | 1
Lemon



4 oz | 8 oz
Ricotta Cheese
Contains: Milk



2 | 4
Flatbreads
Contains: Sesame,
Wheat



¼ oz | ¼ oz
Parsley



1 tsp | 1 tsp
Chili Flakes



2 tsp | 4 tsp
Honey



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.



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: 680



9 oz | 18 oz
Italian Chicken Sausage Mix
Calories: 750



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 490



HELLO

LEMON RICOTTA

Citrusy, creamy-soft cheese adds sophistication to flatbreads.

HEAT IT UP

Why do we ask you to preheat the baking sheet? Simple: A hot sheet helps the flatbreads get nice and crispy from the moment they hit the sheet.

BUST OUT

- Baking sheet
- Zester
- Large pan
- 2 Small bowls
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 2 tsp)
(1 tsp | 1 tsp) 🍴 🍴
- Olive oil (2½ tsp | 3 tsp)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

HOW WAS YOUR MEAL?



Scan here to rate your recipe!



Share your #HelloFreshPics with us @HelloFresh



1 PREP

- Place a **lightly oiled** baking sheet on top rack (for 4 servings, use 2 lightly oiled baking sheets on top and middle racks) and preheat oven to 450 degrees. **Wash and dry produce.**
- Trim and halve **zucchini** lengthwise; thinly slice crosswise into half-moons. Thinly slice **tomato** into rounds. Peel and mince or grate **garlic**. Zest and quarter **lemon**.

- 🍴 Open package of **chicken*** and drain off any excess liquid. Season all over with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or **sausage***; cook, stirring frequently, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.
- 🍴



4 MAKE LEMON RICOTTA

- In a second small bowl, combine **ricotta**, **half the lemon zest**, ½ tsp olive oil (1 tsp for 4 servings), and **lemon juice** to taste. Season with **salt** and **pepper**.



2 COOK ZUCCHINI

- Heat a **drizzle of olive oil** in a large pan over medium-high heat. Add **zucchini** and cook, stirring, until lightly browned and softened, 5-6 minutes. Season with **salt** and **pepper**.

- 🍴 Use pan used for chicken or
- 🍴 **sausage** here.



5 BAKE FLATBREADS

- Carefully place **flatbreads** on prepared sheet (divide between both prepared sheets for 4 servings). Evenly spread flatbreads with **lemon ricotta**. Top with **zucchini** and **tomato**.
- Bake on top rack (top and middle racks for 4) until flatbreads are golden brown, 10-12 minutes.

- 🍴 Top **flatbreads** with **chicken** or
- 🍴 **sausage** along with **veggies**.



3 MARINATE TOMATO

- While zucchini cooks, in a small bowl, combine **tomato**, **garlic**, and a **drizzle of olive oil**. Season with **salt** and **pepper**.



6 FINISH & SERVE

- Meanwhile, pick **parsley leaves** from stems; roughly chop leaves.
- Once **flatbreads** are done, garnish with parsley, **remaining lemon zest**, and **chili flakes** to taste. Drizzle with **honey**, then slice into pieces.
- Divide between plates and 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°.