



BALSAMIC VEGGIE FLATBREADS

with Zucchini, Sunflower Seeds & Lemon Basil Ricotta



HELLO BALSAMIC GLAZE

This rich and syrupy topping adds tangy-sweet sophistication to veggie flatbreads.

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 630



Zucchini



Lemon



Flatbreads
(Contains: Wheat)



Sunflower Seeds



Basil



Ricotta
(Contains: Milk)



Italian Cheese Blend
(Contains: Milk)



Balsamic Glaze

START STRONG

We like using a microplane or dedicated zester for zesting citrus. If you don't have one, use a peeler or paring knife to remove just the yellow surface layer from the lemon, then mince it.

BUST OUT

- Baking sheet
- Zester
- Large pan
- Small bowl
- Vegetable oil (1 tsp | 2 tsp)
- Olive oil (2½ tsp | 4 tsp)
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient 2-person | 4-person

- Zucchini 1 | 2
- Basil ½ oz | 1 oz
- Lemon 1 | 2
- Ricotta 4 oz | 8 oz
- Flatbreads 2 | 4
- Italian Cheese Blend ½ Cup | 1 Cup
- Sunflower Seeds ½ oz | ½ oz
- Balsamic Glaze 5 tsp | 10 tsp



1 PREP

Place a lightly **oiled** baking sheet on top rack (for 4 servings, 2 baking sheets on top and middle racks) and preheat oven to 450 degrees. **Wash and dry all produce.** Trim and thinly slice **zucchini** into rounds. Finely chop half the **basil** (removing any large stems). Roughly tear remaining basil leaves. Zest and quarter **lemon**.



4 ASSEMBLE FLATBREADS

Place **flatbreads** on a work surface and drizzle with **olive oil**. Evenly spread flatbreads with **ricotta mixture**. Top with **zucchini** and sprinkle with **Italian cheese**.



2 COOK ZUCCHINI

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



5 BAKE FLATBREADS

Remove preheated baking sheet from oven; carefully place **flatbreads** on sheet. Bake on top rack (top and middle racks for 4 servings) until flatbreads are golden brown, 10-15 minutes.



3 MIX RICOTTA

In a small bowl, combine **ricotta**, **chopped basil**, **1 TBSP lemon juice** (2 TBSP for 4 servings), **½ tsp olive oil** (1 tsp for 4), and half the **lemon zest**. Season with **salt** and **pepper**.



6 FINISH & SERVE

Once **flatbreads** are golden brown, top with **torn basil leaves**. Sprinkle with as many **sunflower seeds** and as much remaining **lemon zest** as you like. Drizzle with **balsamic glaze** to taste. Slice into pieces and divide between plates. Serve with remaining **lemon wedges** on the side.

AMAZING GLAZE

Another way to use balsamic glaze? Go sweet! We love it drizzled over vanilla ice cream or paired with fresh strawberries.



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