



ZUCCHINI & TOMATO FLATBREADS

with Lemon Ricotta, Fresh Parsley, Honey & Chili Flakes

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Zucchini



4 oz | 8 oz
Grape Tomatoes



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



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HelloCustom

2 PERSON | 4 PERSON

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



10 oz | 20 oz
Chicken Breast Strips Calories: 690

PREP: 10 MIN | COOK: 25 MIN | CALORIES: 500



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 (or 2 large pans) 
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 2 tsp) (1 tsp | 1 tsp) 
- Olive oil (2½ tsp | 3 tsp)
- 2 Small bowls
- Paper towels 

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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. Halve **tomatoes**. Peel and mince or grate **garlic**. Zest and quarter **lemon**.




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**.

-  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 in a single layer; cook, stirring occasionally, until browned and cooked through, 4-6 minutes.



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 **tomatoes**, cut sides up.
- Bake on top rack (top and middle racks for 4) until flatbreads are golden brown, 10-12 minutes.

-  Top **flatbreads** with **chicken** along with **veggies**.




3 MARINATE TOMATOES

- While zucchini cooks, in a small bowl, combine **tomatoes**, **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°.