



# HOT HONEY BRUSSELS & LEMON RICOTTA FLATBREADS

with Parmesan & Italian Cheeses

## INGREDIENTS

2 PERSON | 4 PERSON



**2 | 4**  
Flatbreads  
Contains: Wheat



**¾ oz | ¾ oz**  
Hot Honey



**4 oz | 8 oz**  
Ricotta Cheese  
Contains: Milk



**1 | 2**  
Lemon



**8 oz | 16 oz**  
Brussels Sprouts



**¼ Cup | ½ Cup**  
Parmesan Cheese  
Contains: Milk



**1 TBSP | 1 TBSP**  
Italian Seasoning



**½ Cup | 1 Cup**  
Italian Cheese  
Blend  
Contains: Milk

## HELLO

### LEMON RICOTTA

A sprinkle of lemon zest and juice adds citrusy brightness to this creamy spread.



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 760





## SPROUTS HONOR

In step 1, you'll be slicing your Brussels sprouts into shreds. This easy preparation gives the veg a fun texture and helps it cook nice and quick. Try shredding and sautéing Brussels sprouts again and then tossing with grated Parmesan, toasted walnuts, and a zesty vinaigrette for a tasty warm side salad.

## BUST OUT

- Large pan
- Zester
- Small bowl
- Baking sheet
- Kosher salt
- Black pepper
- Vegetable oil (2 tsp | 2 tsp)
- Olive oil (5 tsp | 10 tsp)

## GET SOCIAL

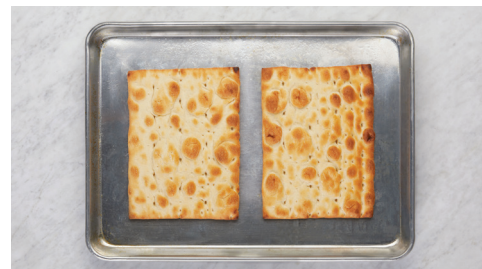
Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663  
HelloFresh.com



### 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 all produce.**
- Trim and halve **Brussels sprouts** lengthwise. Lay flat and thinly slice crosswise into shreds.



### 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.**)



### 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 pan.



### 5 BAKE FLATBREADS

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



### 3 MIX RICOTTA

- While Brussels sprouts cook, zest and quarter **lemon (for 4 servings, zest 1 lemon and quarter both).**
- In a small bowl, combine **half the lemon zest (use ¾ of the lemon zest for 4), ½ cup ricotta (1 cup for 4), ½ tsp Italian Seasoning (1 tsp for 4),** and a **squeeze of lemon juice** to taste (save any remaining ricotta for another use). Stir in **1 TBSP olive oil (2 TBSP for 4)** and season with **salt and pepper.**



### 6 FINISH & SERVE

- Slice **flatbreads** into pieces.
- Divide between plates and drizzle with **hot honey.** Sprinkle with **remaining Parmesan** and **lemon zest** to taste. Serve with any **remaining lemon wedges** on the side.