



# 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



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!



## 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: 680

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



HELLO

## HALL OF FAME

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

## 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

## GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663

HelloFresh.com



### 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°.