



HOT HONEY BRUSSELS & LEMON RICOTTA FLATBREADS

with Parmesan & Italian Cheeses

INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz
Brussels Sprouts



1 TBSP | 1 TBSP
Italian Seasoning



1 | 1
Lemon



4 oz | 8 oz
Ricotta Cheese
Contains: Milk



2 | 4
Flatbreads
Contains: Sesame,
Wheat



½ oz | 1 oz
Hot Honey



½ Cup | 1 Cup
Italian Cheese
Blend
Contains: Milk



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



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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: 920



9 oz | 18 oz
Italian Chicken
Sausage Mix

Calories: 1010



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 720



HELLO






LEMON RICOTTA

A touch of lemon adds brightness to this creamy spread.

SPROUTS HONOR

Shredding the Brussels sprouts in Step 1 provides a fun texture and helps with quick cooking.

BUST OUT

- Large pan (or 2 large pans)  
- Small bowl
- Baking sheet
- Zester
- Paper towels 
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp)  
- Olive oil (5 tsp | 10 tsp)

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



2 COOK BRUSSELS SPROUTS

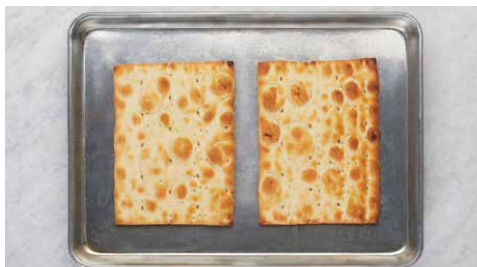
- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add **Brussels sprouts**; season with **½ tsp Italian Seasoning** (1 tsp for 4 servings) and a **pinch of salt and pepper**. (You'll use more Italian Seasoning in the next step.) Cook, stirring occasionally, until bright green and softened, 5-7 minutes. Remove from heat.

-  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 or **sausage*** and cook, stirring frequently, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a paper-towel-lined plate.



3 MIX RICOTTA

- While Brussels sprouts cook, zest and quarter **lemon**.
- In a small bowl, combine **ricotta**, **half the lemon zest**, **½ tsp Italian Seasoning** (be sure to measure—we sent more), and a **squeeze of lemon juice** to taste. (For 4 servings, use **¾ of the lemon zest** and 1 tsp Italian Seasoning.) Stir in **1 TBSP olive oil** (2 TBSP for 4) and season with **salt and pepper**.





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.)



5 BAKE FLATBREADS


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

-  Top **flatbreads** with **chicken** or  **sausage** along with **Brussels sprouts**.



6 FINISH & SERVE

- Cut **flatbreads** into pieces.
- Divide between plates and drizzle with **hot honey**. Sprinkle with **remaining Parmesan** and **remaining lemon zest** to taste. 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°.