



HOT HONEY BRUSSELS & LEMON RICOTTA FLATBREADS

with Mike's Hot Honey®, 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
Mike's Hot
Honey®



½ Cup | 1 Cup
Italian Cheese
Blend
Contains: Milk



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



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THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

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



MIKE'S HOT HONEY®
Using only 100% pure honey infused with real chili peppers, Mike's Hot Honey's sweet-heat combo makes any dish more dynamic. Try it on pizza, chicken, cheese, and even ice cream!



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) 💰💰
- Baking sheet
- Paper towels 💰
- Zester
- Small bowl
- 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

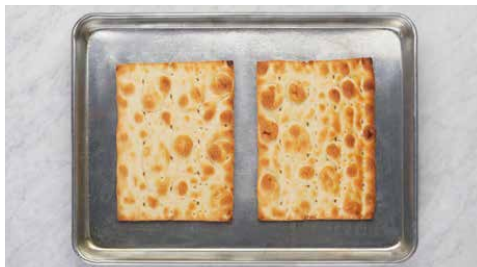
- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add **Brussels sprouts**; season with **½ tsp Italian Seasoning (1 tsp for 4 servings)** and a **pinch of salt and pepper.** (You'll use more Italian Seasoning in the next step.) Cook, stirring occasionally, until bright green and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