



ZUCCHINI & TOMATO FLATBREADS

with Lemon Ricotta, Fresh Parsley, Honey & Chili Flakes

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Zucchini



1 | 2
Tomato



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

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



10 oz | 20 oz
Chopped Chicken
Breast

Calories: 680



9 oz | 18 oz
Italian Chicken
Sausage Mix

Calories: 750

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



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
- 2 Small bowls
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 2 tsp) (1 tsp | 1 tsp) 🍳 🍳
- Olive oil (2½ tsp | 3 tsp)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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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. Thinly slice **tomato** into rounds. Peel and mince or grate **garlic**. Zest and quarter **lemon**.

- 🍳 Open package of **chicken*** and drain off any excess liquid. Season all over with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or **sausage***; cook, stirring frequently, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



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**.

- 🍳 Use pan used for chicken or
- 🍳 sausage here.



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

- 🍳 Top **flatbreads** with **chicken** or
- 🍳 **sausage** along with **veggies**.



3 MARINATE TOMATO

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

🍳 *Chicken Sausage is fully cooked when internal temperature reaches 165°.