

INGREDIENTS

2 PERSON | 4 PERSON



Zucchini



1 | 1 Lemon





1/4 oz | 1/4 oz Parsley





Ricotta Cheese Contains: Milk



1 tsp | 1 tsp Chili Flakes



1 Clove | 2 Cloves Garlic



2 | 4 Flatbreads Contains: Sesame, Wheat



2 tsp 4 tsp Honey



ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP OR GIVE US A CALL AT (646) 846-3663.



HelloCustom

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



10 oz | 20 oz (5) Chopped Chicken Breast



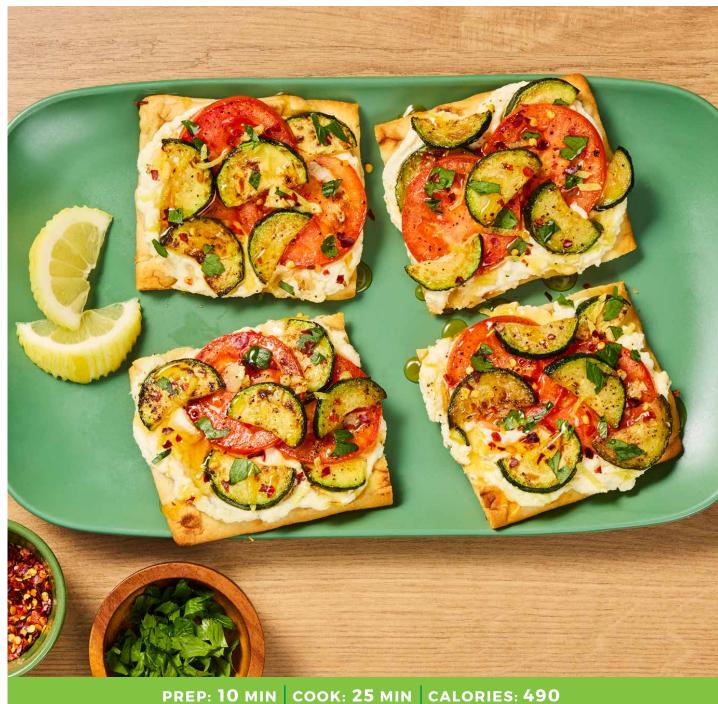


9 oz | 18 **oz** ltalian Chicken Sausage Mix

Calories: 750

ZUCCHINI & TOMATO FLATBREADS

with Lemon Ricotta, Fresh Parsley, Honey & Chili Flakes





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
- Large pan2 Small bowls
- Zester
- Kosher salt
- Black pepperCooking 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.

HOW WAS YOUR MEAL?



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



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.



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



 While zucchini cooks, in a small bowl, combine tomato, garlic, and a drizzle of olive oil. Season with salt and pepper.



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.



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.



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.