



# HOT HONEY BRUSSELS & LEMON RICOTTA FLATBREADS

with Parmesan & Italian Cheeses

HALL OF FAME

## 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: Wheat



¾ oz | 1½ oz  
Hot Honey



½ Cup | 1 Cup  
Italian Cheese Blend  
Contains: Milk



¼ Cup | ½ Cup  
Parmesan Cheese  
Contains: Milk



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## HelloCustom

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



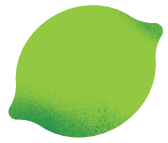
10 oz | 20 oz  
Chicken Breast Strips  
Calories: 950



9 oz | 18 oz  
Italian Chicken Sausage Mix  
Calories: 1020



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 760



# HELLO FRESH

## HELLO

### HALL OF FAME

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

### SPROUTS HONOR

In step 1, you'll slice your Brussels sprouts into shreds. This easy preparation gives the veg a fun texture and helps it cook quickly.

### BUST OUT

- Large pan
- Small bowl
- Zester
- Baking sheet
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)  
(1 tsp | 1 tsp) 🍴 🍴
- Olive oil (5 tsp | 10 tsp)

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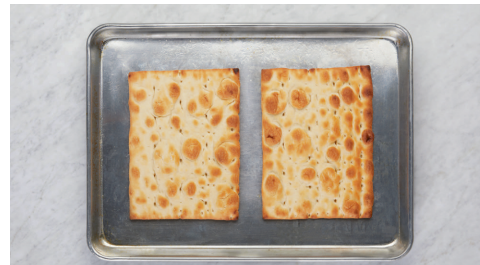
🍴 \*Chicken is fully cooked when internal temperature reaches 165°.

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



### 1 PREP 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.



### 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.**)



### 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.
- 🍴 Transfer **Brussels sprouts** to a plate.
- 🍴 Pat **chicken\*** dry with paper towels. Heat a **drizzle of oil** in same pan over medium-high heat. Add **chicken** or **sausage\***; season with **salt and pepper.** Cook, stirring frequently, until browned and cooked through, 4-6 minutes.



### 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** before adding **cheese.**



### 3 MIX RICOTTA

- While Brussels sprouts cook, zest and quarter **lemon.**
- In a small bowl, combine **half the lemon zest, ½ cup ricotta (save any remaining for another use), 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, 1 cup ricotta, and 1 tsp Italian Seasoning.**) Stir in **1 TBSP olive oil (2 TBSP for 4)** and season with **salt and pepper.**



### 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.

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