

# Veggie, Ricotta and Mozza Flatbreads

## with Spinach-Arugula Salad

Veggie

Spicy

30 Minutes



**CUSTOM RECIPE**

This is a Custom Recipe. If you chose to add chicken breasts, simply follow the instructions on the back of this card and you're set.  
Happy cooking!



Ricotta Cheese



Chicken Breasts



Flatbread



Garlic Salt



Balsamic Vinegar



Zucchini



Sweet Bell Pepper



Arugula and Spinach Mix



Marinara Sauce



Chili Flakes



Mozzarella Cheese, shredded

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust out

Baking sheet, measuring spoons, large bowl, small bowl, whisk, large non-stick pan

## Ingredients

	2 Person	4 Person
Ricotta Cheese	100 g	200 g
Chicken Breasts	2	4
Flatbread	2	4
Garlic Salt	½ tsp	1 tsp
Balsamic Vinegar	1 tbsp	2 tbsp
Zucchini	200 g	400 g
Sweet Bell Pepper	160 g	320 g
Arugula and Spinach Mix	56 g	113 g
Marinara Sauce	½ cup	1 cup
Chili Flakes	½ tsp	1 tsp
Mozzarella Cheese, shredded	¾ cup	1 ½ cups
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

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## Prep

- Cut **zucchini** into ¼-inch rounds.
- Core, then cut **pepper** into ¼-inch slices.
- Add **ricotta** and ½ **tsp chili flakes** (dbl for 4 ppl) to a small bowl. Season with ¼ **tsp garlic salt** (dbl for 4 ppl) and **pepper**, then stir to combine.

If you've opted to add **chicken breasts**, pat **chicken** dry with paper towels, then season with **salt** and **pepper**. Heat a non-large stick pan over medium-high heat. When hot, add ½ **tbsp oil**, then **chicken**. (NOTE: Dont overcrowd the pan; cook chicken in 2 batches if needed, using ½ **tbsp oil** per batch.) Cook until golden, 1-2 min per side. Transfer **chicken** to an unlined baking sheet. Roast in the bottom of the oven until **chicken** is cooked through, 12-14 min.\*\* Use the same non-stick pan to cook veggies in step 2.



## Assemble and broil flatbreads

- Remove the baking sheet from the oven, then carefully flip **flatbreads** over.
- Turn the oven to high broil.
- Spread **marinara sauce** over **flatbreads**, then top with **veggies** and **mozzarella**.
- Dollop **ricotta** over **flatbreads** in 1 **tbsp spoonfuls**. (TIP: Sprinkle any remaining chili flakes over flatbreads if more heat is desired!)
- Broil **flatbreads** in the **middle** of the oven until **cheese** melts, 3-4 min. (NOTE: For 4 ppl, broil one baking sheet at a time.)



## Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add 1 **tbsp oil** (dbl for 4 ppl), then **zucchini** and **half the peppers**. Cook, stirring occasionally, until **veggies** are tender-crisp, 4-5 min.
- Add ¼ **tsp garlic salt** (dbl for 4 ppl). Cook, stirring often, until fragrant, 1 min. Season with **pepper**.
- Remove the pan from heat.



## Make salad

- Meanwhile, whisk together **vinegar**, ½ **tsp sugar** and 1 **tbsp oil** (dbl both for 4 ppl) in a large bowl.
- Add **arugula and spinach mix** and **remaining peppers**. Season with **salt** and **pepper**, then toss to combine.



## Toast flatbreads

- Meanwhile, arrange **flatbreads** on an unlined baking sheet.
- Toast in the **middle** of the oven until golden, 3-4 min. (NOTE: For 4 ppl, use 2 baking sheets and toast in the middle and bottom of the oven.) (TIP: Keep an eye on flatbreads so they don't burn!)



## Finish and serve

- Quarter **flatbreads**.
- Serve **salad** alongside.

Thinly slice **chicken**. Top **flatbreads** with **chicken**.

## Dinner Solved!