



**GREEN
CHEF**

LEMON RICOTTA & VEGGIE FLATBREADS

snap peas, radishes, artichokes, schug sauce, honey, feta

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

810

Flatbreads are the perfect culinary blank canvas—the sky's the limit when it comes to toppings! Luckily, our chefs are true flatbread artists, and these strike the perfect balance of savory, sweet, and a little bit spicy. Tonight's toasty, golden-brown work of art is topped with lemon-spiked ricotta, sautéed snap peas and radishes, briny artichokes, and feta. Once baked, the flatbreads are adorned with honey, schug (a spiced parsley and cilantro sauce), even more cheese, lemon zest, and red pepper flakes to complete the masterpiece.

INGREDIENTS (10 ITEMS)

1 whole	Lemon
2 oz	Snap peas
2 oz	Radishes
1¼ oz	Artichoke hearts
4 oz	Ricotta cheese <small>M</small>
2 whole	Flatbreads <small>W</small>
2 oz	Feta cheese <small>M</small>
1 oz	Honey
2 oz	Schug sauce
½ tsp	Crushed red pepper flakes

WHAT YOU'LL NEED

medium sauté pan
baking sheet
mixing bowls
measuring spoons
microplane
oven mitt
cooking oil
salt & pepper

ALLERGENS

M MILK
W WHEAT



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

PREP

- Preheat oven to 450 degrees.
- Zest whole **lemon** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lemon**.
- Remove any fibrous strings from **snap peas***. Cut widthwise at a sharp angle into strips, about ¼ inch thick.
- Trim ends off **radishes** and quarter lengthwise. Lay flat and slice across into quarter-moons, about ¼ inch thick.
- Roughly chop **artichoke hearts**.

**To quickly prep, firmly pinch one end of a snap pea and pull downward to remove the fibrous string.*

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2

MAKE LEMON RICOTTA

- Place **ricotta cheese**, about half of the **lemon zest**, and about 1 tablespoon cooking oil in a second small bowl. Squeeze juice from one **lemon wedge** over bowl, removing any seeds. Season with salt and pepper. Stir to combine.

3

SAUTÉ VEGGIES

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **snap peas** and **radishes** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4-6 minutes, or until snap peas are warmed through and radishes are tender, stirring occasionally.

4

START FLATBREADS

- Place **flatbreads** on a baking sheet. Drizzle about ½ tablespoon cooking oil over each **flatbread**. Season with salt and pepper. Rub to evenly coat. Toast 3-5 minutes, or until golden brown.

5

ASSEMBLE & BAKE FLATBREADS

- Remove **flatbreads** from oven. Spread **lemon ricotta** over toasted **flatbreads**. (**Careful! Baking sheet is hot!**) Top with **sautéed veggies** and **artichokes**. Sprinkle with about half of the **feta cheese**.
- Bake 4-6 minutes, or until cheese has melted and flatbreads are crispy.

6

FINISH FLATBREADS

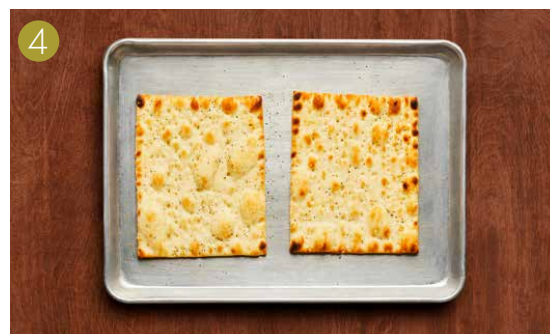
- Remove **flatbreads** from oven.
- Drizzle with **honey** and **schug sauce**. Sprinkle with remaining **feta**, remaining **lemon zest** as desired, and **crushed red pepper flakes*** to taste.

**If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

7

PLATE YOUR DISH

- Quarter **flatbreads** and divide between plates. Serve with remaining **lemon wedges** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (348g)

Amount per serving

Calories 810

	% Daily Value*
Total Fat 49g	63%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 1450mg	63%
Total Carbohydrate 71g	26%
Dietary Fiber 5g	18%
Total Sugars 18g	
Includes 2 Added Sugars	4%
Protein 21g	
Vitamin D 1mcg	6%
Calcium 424mg	35%
Iron 4mg	20%
Potassium 217mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Flatbreads [enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, "00" flour, olive oil, yeast, contains less than 2% of: sea salt, natural mold inhibitors (cultured wheat starch, cultured wheat flour, vinegar), canola oil, wheat gluten, sugar, semolina flour, ground millet, sugar, salt, natural flavor, ascorbic acid], **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Snap Peas, Radishes, Honey** [honey], **Crushed Red Pepper Flakes**, **Ricotta Cheese** [whole milk, skim milk, starter, trace of salt], **Lemon, Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Schug** (Cilantro, Parsley, Sunflower Oil [high oleic sunflower oil], Granulated Garlic, Lemon Juice [lemon], Ground Coriander, Ground Cumin, Ground Cardamom, Sea Salt, Black Pepper, Water, Agave [organic agave syrup], Crushed Red Pepper Flakes)

Allergen information:

Contains Milk And Wheat

Allergens may be reflected in pantry items listed in the "What You'll Need" section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.

