

DINNERLY



Speedy Recipe! Low-Cal Chicken Flatbread

with Ricotta Cheese



ca. 20min



2 Servings

Did you guys know that we're magicians? In just 20 minutes, we transformed a few simple ingredients into this ricotta flatbread piled high with broiled tomatoes, corn, scallions, and a sprinkle of Parm. Abracadabra! We've got you covered!

WHAT WE SEND

- 2 Mediterranean pitas ^{1,6,11}
- ¾ oz Parmesan ⁷
- 2 scallions
- ½ lb pkg chicken breast strips
- 1 pkg grape tomatoes
- 5 oz corn
- 4 oz ricotta ⁷
- ¼ oz granulated garlic

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

- rimmed baking sheet
- medium skillet
- microplane or grater

ALLERGENS

Wheat (1), Soy (6), Milk (7), Sesame (11).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 650kcal, Fat 23g, Carbs 70g,
Protein 50g



1. Toast pitas

Preheat broiler with a rack in the upper third. Place **pitas** on a rimmed baking sheet and lightly drizzle both sides with **oil**. Broil on upper oven rack until toasted, 1–2 minutes per side (watch closely as broilers vary). Set aside until step 4.

Finely grate **Parmesan**. Trim ends from **scallions** and cut into 1-inch pieces.



2. Cook chicken

Pat **chicken** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more.



3. Broil veggies

Transfer **pitas** to a cutting board. Place **tomatoes** and **corn** on one side of same baking sheet. Toss with ½ **teaspoon granulated garlic**, **1 tablespoon oil**, and a **pinch each of salt and pepper**.

Broil on upper oven rack until lightly charred, 2–3 minutes. Shake baking sheet, then add **scallions** to open side. Broil until veggies are charred and softened, about 1–2 minutes more.



4. Assemble

While **veggies** broil, evenly divide **ricotta** between **pitas** and spread to edges. Sprinkle with **some of the Parmesan**.

Divide **tomato-corn mixture** and **chicken** evenly between each pita and top with **scallions**. Sprinkle with **remaining Parmesan**. Transfer to same baking sheet.



5. Melt cheese & serve

Place baking sheet with **pitas** on upper oven rack and broil until **cheese** is just melted and starting to brown, 30–60 seconds (watch closely).

Cut **chicken ricotta flatbreads** into wedges and serve. Enjoy!



6. Level it up

For more depth of flavor and sweetness, mix a little honey, olive oil, salt, and pepper into the ricotta before spreading it over the pitas.