



Cooking Made Easy

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Rosemary Beef Flatbread

with Caramelized Onions & Broccoli



Beef, rosemary, and garlic are a match made in flavor heaven. Served atop crispy flatbread with caramelized onions, gooey mozzarella, and tender broccoli, we guarantee you won't have any leftovers!



45 min



level 2



nut free



Ground Beef



Pizza Dough



Broccoli



Red Onion



Mozzarella Cheese



Rosemary



Garlic

Ingredients

	2 People	4 People
Ground Beef	8 oz	16 oz
Pizza Dough	1)	2
Broccoli	1 crown	2 crowns
Red Onion	1	2
Mozzarella Cheese	2)	2 C
Rosemary	1 sprig	2 sprigs
Garlic	2 cloves	4 cloves
Olive Oil*	1 ½ T	3 T

*Not Included

Allergens

1) Wheat

2) Milk

Tools

Baking Sheet, Large Pan

Ruler

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Nutrition per person Calories: 846 cal | Carbs: 79 g | Fat: 36 g | Protein: 52 g | Fiber: 6 g



1 Preheat oven to 400 degrees. Take the **pizza dough** out of the fridge and allow to come to room temperature. Cut the **broccoli** into bite-sized florets. Halve, peel, and thinly slice the **red onion**. Mince or grate the **garlic**. Strip the **rosemary leaves** off the sprig, then roughly chop.



2 Liberally grease a foil-lined baking sheet. Stretch out the **dough** on the baking sheet with your hands, working from the center towards the outer edges, until you have formed a rough ¼-inch thick rectangle. Poke the dough with a fork and season with **salt**. Bake for about 15 minutes, until dough is barely golden brown. **HINT:** Use a rolling pin or wine bottle on a lightly floured surface to help you roll out the dough!



3 While the dough bakes, heat 1 tablespoon **olive oil** in a large pan over medium heat. Add the **red onion** and cook, tossing, for 7-8 minutes, or until caramelized. Add the **broccoli** to the pan and cook, tossing, for another 6-7 minutes, until crisp-tender. Add a splash of **water** if the pan becomes too dry. Season with **salt** and **pepper** and set aside.



4 In the same pan, heat another ½ tablespoon **oil** over medium-high heat. Add the **ground beef** and season with **salt** and **pepper**. Cook, breaking up the pieces, for about 7 minutes, until no longer pink. Add the **garlic** and **rosemary** and cook for 30 seconds, until fragrant. Set aside with the broccoli and onion.

5 Once the dough is barely golden brown, remove from the oven and sprinkle with **mozzarella cheese**. Top with the **broccoli, red onion, and beef**. Return to the oven and cook for about 5 minutes, until cheese has melted.

6 Cut the **flatbread** into squares and serve straight out of the oven!