



BBQ PINEAPPLE FLATBREADS

with Caramelized & Pickled Onion

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2

Red Onion



4 oz | 8 oz
Pineapple



5 tsp | 10 tsp
Red Wine Vinegar



1 | 2

Long Green
Pepper



4 oz | 8 oz
Fresh Mozzarella
Contains: Milk



2 | 4
Flatbreads
Contains: Sesame,
Wheat



4 TBSP | 8 TBSP
BBQ Sauce



¼ Cup | ½ Cup
Monterey Jack
Cheese
Contains: Milk



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THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

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



10 oz | 20 oz

Chopped Chicken
Breast

Calories: 840



9 oz | 18 oz

Italian Chicken
Sausage Mix

Calories: 940



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 650



HELLO

HALL OF FAME

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

BRUSH WITH GREATNESS

In step 5, we ask you to brush the flatbreads with oil. We prefer to use a basting brush for the job, but if you don't have one, simply drizzle the oil and use the back of a spoon to evenly spread it around.

BUST OUT

- Aluminum foil
- Baking sheet
- Strainer
- 2 Small bowls
- Large pan (or 2 large pans) 🍳🍳
- Paper towels 🍳
- Kosher salt
- Black pepper
- Cooking oil (1½ tsp | 1½ tsp) (1 tsp | 1 tsp) 🍳🍳
- Olive oil (½ tsp | ½ tsp)

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1 PICKLE ONION

- Place a foil-lined baking sheet on top rack (for 4 servings, place 2 foil-lined baking sheets on top and middle racks) and preheat oven to 450 degrees. **Wash and dry produce.**
- Halve, peel, and thinly slice **onion**. Drain **pineapple** over a small bowl, reserving **juice**. Stir ¼ of the onion, **half the vinegar (you'll use the rest later)**, and a **pinch of salt** into bowl with juice. Set aside.



2 COOK ONION

- Heat a **drizzle of oil** in a large pan over medium heat. Add **remaining onion**; cook, stirring and adding **splashes of water** as needed to prevent sticking, until softened, 6-8 minutes.



3 PREP

- While onion cooks, halve, core, and very thinly slice **green pepper** into strips. Toss in a second small bowl with a **small drizzle of olive oil**, **salt**, and **pepper**. Dice **mozzarella** into ½-inch pieces.
- 🍳 Pat **chicken*** dry with paper towels; season all over with **salt** and **pepper**.
- 🍳 Heat a **drizzle of oil** in a second large pan over medium-high heat. Add chicken or **sausage***; cook, stirring frequently, until cooked through, 4-6 minutes.



4 CAMELIZE

- Once **cooked onion** is softened, increase heat under pan to medium high. Add **pineapple**; cook, stirring, until pineapple is lightly browned, 2-3 minutes.
- Stir in **remaining vinegar**. Cook, stirring, until onion and pineapple are caramelized and jammy, 1-2 minutes more. Turn off heat and season with **salt** and **pepper**.



5 ASSEMBLE FLATBREADS

- Brush or rub each **flatbread** with a **small drizzle of oil**. Remove prepared baking sheet from oven; carefully place flatbreads on sheet. (For 4 servings, divide flatbreads between both prepared sheets.)
- Evenly spread flatbreads with **BBQ sauce**, then top with **caramelized onion and pineapple**, **green pepper**, **Monterey Jack**, and **mozzarella**.



6 FINISH & SERVE

- Return **flatbreads** to top rack until cheese melts and edges are golden brown, 10-12 minutes. (For 4 servings, return to top and middle racks; swap rack positions halfway through baking.)
- Transfer flatbreads to a cutting board and top with **pickled onion (draining first)** to taste. Slice into quarters, divide between plates, and serve.

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

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

🍳 Top flatbreads with **chicken** or **sausage**.