



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
Shrimp
Contains: Shellfish
Calories: 770



10 oz | 20 oz
Chopped Chicken
Breast
Calories: 840



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



HELLO

CARAMELIZED ONION

Savory, sweet, and all-around delicious on your flatbreads

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.



4 CARAMELIZE

- 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.



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.



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.

- Top flatbreads with shrimp or chicken.



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.
- Rinse shrimp* under cold water; pat shrimp or chicken* dry with paper towels. Season with salt and pepper. Heat a drizzle of oil a second large pan over medium-high heat. Add shrimp or chicken; cook, stirring occasionally, until cooked through, 4-6 minutes.



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.

*Shrimp are fully cooked when internal temperature reaches 145°.

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