



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



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
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: 910



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



HELLO

IN A PICKLE

Your microwave is the magic portal to quick-pickled red onion, which adds bright acidity and crispness to these 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)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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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 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**.



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 **chicken** or **sausage**.



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.



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°.