



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
Poblano Pepper



4 oz | 8 oz
Fresh Mozzarella
Contains: Milk



2 | 4
Flatbreads
Contains: Wheat



4 TBSP | 8 TBSP
BBQ Sauce



¼ Cup | ½ Cup
Monterey Jack
Cheese
Contains: Milk



HelloCustom

2 PERSON | 4 PERSON

If you chose to add a protein or veggie when placing your order, follow the [HelloCustom](#) instructions on the flip side of this card to learn how to modify your meal.



10 oz | 20 oz
Chicken Breast
Strips

Calories: 930



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 740



HELLO FRESH

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
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 6 tsp)
- Olive oil (1 tsp | 1 tsp)
- Paper towels
- Large pan
- Cooking oil (1 tsp | 1 tsp)

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1 PICKLE ONION

- Place a foil-lined baking sheet on top rack (for 4 servings, use 2 foil-lined 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 and a drizzle of oil; 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.
- Pat chicken* dry with paper towels and season all over with salt and pepper. Heat a drizzle of oil in a second large pan over medium-high heat. Add chicken in a single layer; cook until browned and cooked through, 4-6 minutes. Turn off heat and set aside.



5 ASSEMBLE FLATBREADS

- Brush or rub each flatbread with a 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, poblano, Monterey Jack, and mozzarella.

- Top flatbreads with chicken.



3 PREP

- While onion cooks, halve, core, and very thinly slice poblano into strips. Toss in a second small bowl with a drizzle of olive oil, salt, and pepper. Dice mozzarella into ½-inch pieces.



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°.