



INGREDIENTS

2 PERSON | 4 PERSON



4 oz | 8 oz
Cremini
Mushrooms



1 | 2
Yellow Onion



2 Slices | 4 Slices
Gouda Cheese
Contains: Milk



2 | 4
Flatbreads
Contains: Sesame,
Wheat



1 TBSP | 2 TBSP
Italian Seasoning



4 oz | 8 oz
Cream Sauce Base
Contains: Milk



2 tsp | 2 tsp
Dijon Mustard



3 TBSP | 6 TBSP
Parmesan 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
Chicken Breast
Strips

Calories: 830



9 oz | 18 oz
Italian Chicken
Sausage Mix

Calories: 930

MUSHROOM FLATBREADS

with Gouda Cream Sauce & Parmesan



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 630



HELLO

CREMINI MUSHROOMS

A younger, petite portobello with a mild mushroom flavor

CHEAT SHEET

For extra-crispy flatbreads, preheat the oiled baking sheet while preheating the oven in Step 1.

BUST OUT

- Baking sheet
- Whisk
- Large pan
- Paper towels
- Small pot
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp)
(1 tsp | 1 tsp)

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

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



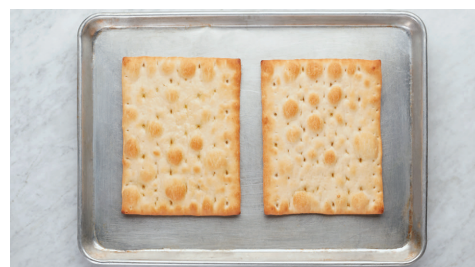
1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 450 degrees. **Wash and dry produce.**
- Trim and thinly slice **mushrooms** (skip if your mushrooms are pre-sliced!). Halve, peel, and thinly slice **onion**.



4 MAKE GOUDA SAUCE

- Meanwhile, in a small pot, heat **cream sauce base** over medium-high heat until gently bubbling, 1-2 minutes.
- Reduce heat to medium; tear **gouda** into pieces and add to pot. Whisk until melted and combined.
- Remove pot from heat; stir in **half the mustard** (all for 4 servings) until thoroughly combined.



2 TOAST FLATBREADS

- Place **flatbreads** on a **lightly oiled** baking sheet. Toast on top rack until lightly golden, 3-4 minutes. Remove from oven. (**For 4 servings, divide flatbreads between two sheets; toast on top and middle racks.**)

- Pat **chicken*** dry with paper towels and season with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or **sausage***; cook, stirring frequently, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate.



5 BUILD FLATBREADS

- Spread **gouda sauce** over **flatbreads**. Top with **mushroom mixture** and **Parmesan**. Return flatbreads to top rack until cheese melts and edges are golden brown, 6-10 minutes. (**For 4 servings, return sheets to top and middle racks; swap positions halfway through baking.**)

- Top **flatbreads** with **chicken** or **sausage** along with **mushroom mixture**.



3 COOK MUSHROOMS & ONION

- Meanwhile, heat a **large drizzle of oil** in a large pan over medium-high heat. Add **mushrooms**; cook, stirring occasionally, until lightly browned, 4-5 minutes. **TIP: Lower heat and add a splash of water if mushrooms begin to brown too quickly.**
- Add **onion** and another **drizzle of oil**; season with **Italian Seasoning** and a **big pinch of salt**. Cook, stirring, until veggies are browned and tender, 5-7 minutes. Taste and season with **salt** and **pepper** if desired. Turn off heat; transfer to a plate. Wipe out pan.

- Use pan used for chicken or sausage here.



6 FINISH & SERVE

- Cut **flatbreads** into pieces and divide between plates. Serve.