



More than Food

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Brussels Sprout & Prosciutto Flatbread

with Fresh Pesto and Mozzarella

Brussels sprouts and prosciutto are one of our favorite combinations. The same goes for pesto and fresh mozzarella. Why not have it all? These Italian staples work together to create one amazingly unique and delicious flatbread.



45 min



level 2



nut free



Pizza Dough



Brussels Sprouts



Tomato, red



Fresh Mozzarella



Fresh Pesto



Garlic



Prosciutto

Ingredients

		2 People	4 People
Pizza Dough	1) 3)	10 oz	20 oz
Brussels Sprouts		8 oz	16 oz
Tomato, red		1	2
Fresh Mozzarella	2)	4 oz	8 oz
Fresh Pesto	2)	¼ C	½ C
Garlic		2 cloves	4 cloves
Prosciutto		4 oz	8 oz
Oil*		2 t	4 t

*Not Included

Allergens

1) Wheat

2) Milk

3) Soy

Tools

Baking Sheet,

Large Pan, Medium Bowl

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 819 cal | Carbs: 78 g | Fat: 36 g | Protein: 45 g | Fiber: 16 g | Sodium: 2138 mg

Make sure to wash and dry produce before prepping or cooking!

2



1 Preheat oven to 450 degrees.

HINT: Take the pizza dough out of the fridge in advance to allow it to come to room temperature. It will be much easier to handle!

2 Par-bake the dough: using your hands, stretch out the **dough** into a rough ¼-inch thick rectangle. Place onto a lightly oiled baking sheet and prick all over with a fork. Place in the oven for 10-15 minutes, until beginning to brown on the edges.

3



HINT: If you have a rolling pin or wine bottle, you can use it to roll out the dough on a lightly floured surface.

3 Meanwhile, trim, halve, and slice the **Brussels sprouts** into shreds. Thinly slice the **garlic**. Core, halve, and slice the **tomato** into ¼-inch wedges. Tear the **mozzarella** into small, bite-sized pieces.

4



4 Cook the Brussels sprouts: heat a drizzle of oil in a large pan over medium-high heat. Add the **Brussels sprouts** and cook, tossing, for 4-5 minutes, until softened and slightly browned. Add the **garlic** to the pan and cook another 1-2 minutes, until fragrant. Season with **salt** and **pepper**.

5



5 Assemble the flatbread: spread the **Brussels sprouts mixture** over the **par-baked pizza dough**. Toss the **mozzarella** and **tomatoes** in a medium bowl with **2 Tablespoons pesto**. Spread the **mozzarella** and **tomato mixture** on top of the **Brussels sprouts** and spread the **prosciutto** over the top. Return to the oven for 5-7 minutes, until the cheese has melted and the prosciutto crisps.

6 Drizzle the **flatbread** with **2 Tablespoons pesto**, cut into squares, and enjoy!