



More than Food

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Butternut Squash and Kale Flatbread with Mozzarella, Thyme, and Balsamic

Enjoy this season's best produce atop ooey, gooey slices of homemade flatbread. Between caramelized red onion, creamy butternut squash, and garlicky kale, this dinner will leave you dreaming about opening a pizzeria.



45 min



level 2



veggie



nut free



Pizza Dough



Butternut Squash



Garlic



Kale



Red Onion



Thyme



Mozzarella Cheese



Balsamic Vinegar

Ingredients

		2 People	4 People
Pizza Dough	1) 3)	1 ball	2 balls
Butternut Squash		8 oz	16 oz
Garlic		2 cloves	4 cloves
Kale		4 oz	8 oz
Red Onion		1	2
Thyme		¼ oz	½ oz
Mozzarella Cheese	2)	1 C	2 C
Balsamic Vinegar		1 T	2 T
Olive Oil*		1 T	2 T

*Not Included

Allergens

- 1) Wheat
- 2) Milk
- 3) Soy

Tools

Baking Sheet, Large Pan

Ruler

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Nutrition per person Calories: 692 cal | Carbs: 91 g | Fat: 23 g | Protein: 29 g | Fiber: 16 g | Sodium: 894 mg

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



1 Preheat the oven to 450 degrees.

HINT: If you know you're making this recipe in advance, take the **dough** out of the fridge to come to room temperature.

2 Par-bake the dough: Using your hands, stretch out the **dough** into a rough 1/4-inch rectangle. Place onto a lightly oiled baking sheet and prick all over with a fork. Season with **salt** and **pepper**, then place in the oven for 10-12 minutes, until beginning to brown on the edges.



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 Prep the ingredients: While the dough bakes, mince the **garlic**. Remove and discard the **kale** stems and ribs, then thinly slice the leaves. Halve, peel, and thinly slice the **onion**. Strip the **thyme** from the sprig and roughly chop the leaves.



4 Cook the kale: While **dough** par-bakes, heat a drizzle of **olive oil** in a large pan over medium heat. Add the **kale** and **garlic** and cook, tossing, for 3-5 minutes, until softened. Season with **salt** and **pepper** and set aside.



5 Cook the squash: In the same pan, heat another drizzle of **oil** over medium heat. Add the **squash**, **onion**, and **thyme** to the pan. Cover and cook, stirring occasionally, for 10-12 minutes. Once the squash has softened, uncover and raise heat to medium. Add **1 Tablespoon balsamic vinegar** and cook, tossing, for 1-2 minutes, until caramelized.

6 Assemble the flatbread: Top the **par-baked dough** with the **squash**, **onion**, and **kale**. Sprinkle with the **cheese** and return to the oven for 5 more minutes, until the cheese has melted.

7 Cut the **flatbread** into squares and enjoy fresh out of the oven!