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Mushroom and Spinach Flatbread

with Fresh Mozzarella, Garlic, and Parmesan

Cooking mushrooms and onions will bring everyone in your house around the stove. The smell is irresistible! Paired with garlicky spinach and fresh mozzarella, these toppings guarantee an epic pizza night.



35 min



level 2



nut free



veggie



Pizza Dough



Fresh Mozzarella



Baby Spinach



Yellow Onion



Button Mushrooms



Parmesan



Garlic

Ingredients

		2 People	4 People
Pizza Dough	1) 3)	1	2
Fresh Mozzarella	2)	4 oz	8 oz
Baby Spinach		5 oz	10 oz
Yellow Onion		1	2
Button Mushrooms		8 oz	16 oz
Parmesan Cheese	2)	¼ c	½ c
Garlic		2 cloves	4 cloves
Oil*		2 t	4 t

*Not Included

Allergens

1) Wheat

2) Milk

3) Soy

Tools

Baking Sheet,
Large Pan

Ruler

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Nutrition per person Calories: 720 cal | Fat: 27 g | Sat. Fat: 14 g | Protein: 37 g | Carbs: 90 g | Sugar: 5 g | Sodium: 960 mg | Fiber: 9 g

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

1



1 Prep and par-bake the dough: Preheat the oven to 450 degrees. Using your hands, stretch out the **dough** into a rough 1/4-inch thick rectangle. Place it onto a lightly oiled baking sheet and prick it all over with a fork. Place in the oven for 6-8 minutes, until the edges begin to brown. **HINT:** If you have a rolling pin or wine bottle, you can use it to roll out the dough out on a lightly floured surface.

2



2 Prep the remaining ingredients: Mince or grate the **garlic**. Thinly slice the **mushrooms**. Halve, peel, and thinly slice the **onion**.

3



3 Cook the vegetables: Heat a drizzle of **oil** in a large pan over medium-high heat. Add the **mushrooms** and **onions** and cook, tossing for 5-7 minutes, until slightly golden brown. Add the **garlic** and **spinach** and toss for an additional 2-3 minutes, until wilted. Season with **salt** and **pepper**.

4



4 Assemble the flatbread: Tear the **mozzarella** into small pieces and spread evenly over the par-baked **dough**. Top with the **spinach mixture** and **Parmesan cheese**. Place in the oven for about 5 minutes, until the cheese is melted and beginning to brown.

5 Finish and plate: Let it cool for a couple of minutes before cutting into slices. Enjoy!