



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
Long Green
Pepper



4 oz | 8 oz
Fresh Mozzarella
Contains: Milk



¼ oz | ¼ oz
Cilantro



2 | 4
Flatbreads
Contains: Sesame,
Wheat



4 TBSP | 8 TBSP
BBQ Sauce



¼ Cup | ½ Cup
Monterey Jack
Cheese
Contains: Milk



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THERE TOO. SCAN HERE TO GET HELP!



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10 oz | 20 oz
Shrimp
Contains: Shellfish

Calories: 860



10 oz | 20 oz
Chopped Chicken
Breast

Calories: 910



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 710



HELLO

CARAMELIZED ONION

Thinly sliced red onion gets deeply browned and softened until it's sweet and silky

TOAST WITH THE MOST

Why do we ask you to preheat the baking sheet? The answer is simple: A hot sheet helps the flatbreads get nice and crispy.

BUST OUT

- Aluminum foil
- Baking sheet
- Strainer
- 2 Small bowls
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 6 tsp) (1 tsp | 1 tsp)
- Olive oil (1 tsp | 1 tsp)
- Large pan (or 2 large pans)
- Paper towels

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1 START PREP & 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.
- While onion cooks, rinse shrimp* under cold water. Pat shrimp or chicken* dry with paper towels; season all over with salt and pepper. Heat a drizzle of oil in a separate large pan over medium heat. Add shrimp or chicken in a single layer; cook, stirring occasionally, until cooked through, 3-5 minutes for shrimp or 4-6 minutes for chicken.



5 ASSEMBLE FLATBREADS

- Brush or rub each flatbread with a drizzle of oil. Carefully remove prepared baking sheet from oven; place flatbreads on sheet. (For 4 servings, divide flatbreads between prepared sheets.)
- Evenly spread flatbreads with BBQ sauce, then top with caramelized onion and pineapple, green pepper, Monterey Jack, and mozzarella.

- Top flatbreads with shrimp or chicken along with mozzarella.



3 FINISH PREP

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



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 cilantro and pickled onion (draining first) to taste. Cut into pieces, divide between plates, and serve.

*Shrimp are fully cooked when internal temperature reaches 145°.

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