



AUTUMN SQUASH AND PESTO FLATBREAD

with Red Onions and Parmesan Cheese

VEGGIE



HELLO

BUTTERNUT SQUASH

This winter squash is a high-fibre and nutrient-dense vegetable

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 771



Butternut Squash, cubes



Red Onion, cubes



All-Purpose Flour



Pizza Dough



Pepitas



Roma Tomato



Tomato Pizza Sauce



Parmesan, grated



Basil Pesto

BUST OUT

- 2 Baking Sheets (3 for 4 people)
- Salt and Pepper
- Olive or Canola oil
- Rolling Pin

INGREDIENTS

2-person | 4-person

- Butternut Squash, cubes 1 pkg (170 g) | 2 pkg (340 g)
- Red Onion, cubes 1 pkg (56 g) | 2 pkg (113 g)
- All-Purpose Flour 1 1 pkg (1 tbsp) | 2 pkg (2 tbsp)
- Pizza Dough 1 1 pkg (280 g) | 2 pkg (560 g)
- Pepitas 1 pkg (28 g) | 2 pkg (56 g)
- Roma Tomato 260 g | 520 g
- Tomato Pizza Sauce 1 pkg (1/4 cup) | 2 pkg (1/2 cup)
- Parmesan, grated 2 1 pkg (56 g) | 2 pkg (113 g)
- Basil Pesto 2,5 1 pkg (2 tbsp) | 2 pkg (4 tbsp)

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

*Laver et sécher tous les aliments.



START STRONG

Preheat the oven to **425°F** (to roast the squash, onions and bake the pizza). Start prepping when the oven comes up to temperature!



1 ROAST VEGGIES
Wash and dry all produce.* On a baking sheet, toss the **squash** and **onions** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until golden-brown, 25-28 min.



2 BAKE PIZZA DOUGH
Meanwhile, sprinkle the **flour** on your counter. Using a rolling pin, roll out the **dough ball(s)** into a rough 9x10-inch rectangle. Place it on a parchment-lined baking sheet and prick all over with a fork. Bake in the centre of the oven until lightly golden, 15-16 min. (If you're making pizza for 4 people, use 2 baking sheets. Adjust your extra oven racks as close to the centre as possible to accommodate all the baking sheets.)



3 PREP PIZZA
Meanwhile, cut the **tomatoes** into 1/4-inch round slices. When the **dough** is lightly golden, spread the **tomato sauce** over the crust. Top with the tomato slices and sprinkle with **pepitas**. Return to the oven and bake until the tomatoes soften slightly, 6-7 min.



4 FINISH THE PIZZA
When the **squash** and **onions** are roasted, scatter them all over the **pizza**. Dollop with the **pesto** and sprinkle with **Parmesan**.



5 FINISH AND SERVE
Cut the **pizza** into slices and divide between plates.

YUM!

A dusting of Parmesan on top gives each bite a cheesy kick!

