



BBQ PINEAPPLE FLATBREADS

with Caramelized and Pickled Onion



HELLO PICKLED ONION

Marinating this awesome allium in vinegar and pineapple juice mellows its raw bite and provides a tangy-sweet punch.



Red Onion



Red Wine Vinegar



Fresh Mozzarella
(Contains: Milk)



Flatbreads
(Contains: Wheat)



Pineapple



Poblano Pepper



Cilantro



BBQ Sauce

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 690**

START STRONG

Why do we ask you to place a foil-lined baking sheet (or two) in the oven while it preheats? The answer is simple: this guarantees a super crispy flatbread. (Just be careful when removing it from the oven!)

BUST OUT

- Aluminum foil
- Baking sheet
- Strainer
- 2 Small bowls
- Large pan
- Vegetable oil (2 TBSP | 2 TBSP)
- Olive oil (1 tsp | 1 tsp)
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient **2-person** | **4-person**

- Red Onion **1 | 2**
- Pineapple **4 oz | 8 oz**
- Red Wine Vinegar **5 tsp | 10 tsp**
- Poblano Pepper **1 | 2**
- Fresh Mozzarella **4 oz | 8 oz**
- Cilantro **¼ oz | ½ oz**
- Flatbreads **2 | 4**
- BBQ Sauce **2 oz | 4 oz**

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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1 PICKLE ONION

Place a foil-lined baking sheet (2 baking sheets for 4 servings) on top rack and preheat oven to 450 degrees. **Wash and dry all produce.** Halve, peel, and thinly slice **onion**. Drain **pineapple** over a small bowl, reserving juice. Stir ¼ of the sliced onion, half the **vinegar** (you'll use the rest later), and a pinch of **salt** into bowl with **pineapple juice**. Set aside.



4 CARAMELIZE ONION AND PINEAPPLE

Once **onion** is softened, increase heat under pan to medium high. Add another drizzle of **oil** and **pineapple chunks**; cook, stirring, until pineapple is lightly browned, 2-3 minutes. Stir in remaining **vinegar**. Cook, stirring, until jammy and caramelized, 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** and cook, stirring and adding splashes of **water** as necessary to prevent sticking, until softened, 6-8 minutes.



5 ASSEMBLE FLATBREADS

Brush or rub each side of **flatbreads** with a drizzle of **oil**. Remove heated baking sheet from oven; place flatbreads on it (for 4 servings, divide flatbreads between 2 baking sheets). Evenly spread with **BBQ sauce**, then top with **caramelized onion and pineapple, poblano**, and **mozzarella**.



3 PREP

Meanwhile, halve, core, and deseed **poblano**; slice crosswise into very thin 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** leaves and tender stems.



6 FINISH AND SERVE

Return **flatbreads** to top rack and bake until cheese is melted and edges are golden brown, 12-15 minutes. (For 4 servings, rotate baking sheets halfway through baking.) Transfer to a cutting board and top with **pickled onion** and **cilantro**. Cut into slices and serve.

TAKE TWO

We also love pickled onion on sandwiches, salads, and grain bowls.

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