



More than Food

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Squash and Kale Flatbread with Sausage

Hearty kale, sweet butternut squash, and savory sausage come together in a pizza trifecta. Flavored with woody thyme and covered with a blanket of mozzarella, this dish is bound to become your classic go-to.

45 min

level 2

nut free



Pizza Dough



Butternut Squash, pre-cut



Kale



Sweet Italian Sausage Links



Mozzarella Cheese



Red Onion



Garlic



Thyme



Balsamic Vinegar

Ingredients

	2 People	4 People
Pizza Dough	1) 2) 1 ball	2 balls
Butternut Squash, pre-cut	8 oz	16 oz
Kale	4 oz	8 oz
Sweet Italian Sausage Links	9 oz	18 oz
Mozzarella Cheese	3) 1 C	2 C
Red Onion	1	2
Garlic	2 cloves	4 cloves
Thyme	¼ oz	½ oz
Balsamic Vinegar	1 T	2 T
Oil*	2 t	4 t

*Not Included

Allergens

1) Wheat

2) Soy

3) Milk

Tools

Baking Sheet, Large Pan

Ruler

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Nutrition per person Calories: 935 cal | Carbs: 92 g | Fat: 38 g | Protein: 51 g | Fiber: 16 g | Sodium: 1,745 mg

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



2 Preheat the oven to 450 degrees.

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

2 Par-bake the dough: Using your hands, stretch out the **pizza dough** into a rough ¼-inch thick 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 **pizza dough** on a lightly floured surface.



3 Prep the ingredients: 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 leaves from the **thyme** sprig and roughly chop. Slice into the **sausages** and remove the filling from the casing.



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

5 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-high. 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**, **kale**, and **sausage**. Sprinkle the **cheese** on top 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!