



# CHEESY SAUSAGE & KALE FLATBREADS

with Red Onion & Chili Flakes

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Red Onion



4 oz | 8 oz  
Kale



9 oz | 18 oz  
Italian Pork Sausage



2 | 4  
Flatbreads  
Contains: Sesame,  
Wheat



¼ Cup | ½ Cup  
Monterey Jack  
Cheese  
Contains: Milk



½ Cup | 1 Cup  
Italian Cheese  
Blend  
Contains: Milk



1 tsp | 2 tsp  
Chili Flakes



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HELLO

### ITALIAN CHEESE BLEND

An easy-melting combination of mozzarella, provolone, Asiago, and Parmesan cheeses

PREP: 5 MIN | COOK: 20 MIN | CALORIES: 760



# HELLO FRESH

## HEAT IT UP

Expert tip: Preheat your baking sheet while you prep the veggies. This helps the flatbreads start crisping up from the moment they hit the sheet.

## BUST OUT

- Large pan
- Baking sheet
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)

## MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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\*Pork Sausage is fully cooked when internal temperature reaches 160\*.



## 1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 450 degrees. **Wash and dry produce.**
- Halve, peel, and thinly slice **onion**. Remove and discard any large stems from **kale**; chop into bite-size pieces.



## 3 MAKE FLATBREADS

- While sausage and veggies cook, place **flatbreads** on a baking sheet and toast on top rack until golden, 3-4 minutes. (**For 4 servings, divide between two baking sheets; toast on top and middle racks, swapping rack positions halfway through toasting.**)
- Once flatbreads are toasted, remove from oven. Carefully sprinkle evenly with **Monterey Jack** and **Italian cheese blend**. Top with **sausage and veggies**. Sprinkle with **chili flakes** to taste.
- Return flatbreads to top rack and bake until cheese melts, 2-4 minutes. (**For 4, return to top and middle racks.**) Transfer flatbreads to a cutting board.



## 2 COOK SAUSAGE & VEGGIES

- Remove **sausage\*** from casing if necessary; discard casing.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add sausage and cook, breaking up meat into pieces, 1-2 minutes.
- Add **onion** and **kale** (**for 4 servings, you may need to add kale in batches**); season with **salt** and **pepper**. (**TIP: If pan seems dry, add another drizzle of oil.**) Cook, stirring occasionally, until sausage is browned and cooked through, onion is tender, and kale is wilted, 4-6 minutes.



## 4 FINISH & SERVE

- Slice **flatbreads** into pieces.
- Divide between plates and garnish with any **remaining chili flakes** if desired. Serve.

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