



SPICY BUFFALO CAULIFLOWER FLATBREADS

with Mozzarella, Scallions, Carrot Sticks & Ranch Dressing

INGREDIENTS

2 PERSON | 4 PERSON



10 oz | 20 oz
Cauliflower Florets



2 | 4
Scallions



1/4 oz | 1/2 oz
Frank's Seasoning Blend



2 | 4
Flatbreads
Contains: Sesame, Wheat



6 oz | 12 oz
Carrots



1/2 Cup | 1 Cup
Mozzarella Cheese
Contains: Wheat



1.5 oz | 3 oz
Buttermilk Ranch Dressing
Contains: Eggs, Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chopped Chicken Breast
Calories: 840



9 oz | 18 oz
Italian Chicken Sausage Mix
Calories: 910



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 650



HELLO

FRANK'S SEASONING BLEND

A bold blend of savory garlic powder and spicy ground cayenne pepper

COOL DIP

The Buffalo cauliflower's heat is tamed by the creamy buttermilk ranch dressing, so dip away!

BUST OUT

- Large pan
- Small bowl
- Baking sheet
- Plastic wrap
- Peeler
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp) (1 tsp | 1 tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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

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



1 START PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 450 degrees. **Wash and dry produce.**
- Cut **cauliflower** into bite-size pieces if necessary. Trim and thinly slice **scallions**, separating whites from greens.

- Open package of **chicken*** and drain off any excess liquid. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or **sausage***; cook, stirring occasionally, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.



4 MAKE BUFFALO SAUCE

- Place **Frank's Seasoning Blend** and **2 TBSP butter** (4 TBSP for 4 servings) in a small bowl. Cover with plastic wrap and microwave until butter has melted, 30-60 seconds.



2 COOK CAULIFLOWER

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **cauliflower** and **scallion whites**; season with **salt** and **pepper**. Cook, stirring occasionally, until cauliflower is browned and tender, 4-6 minutes.

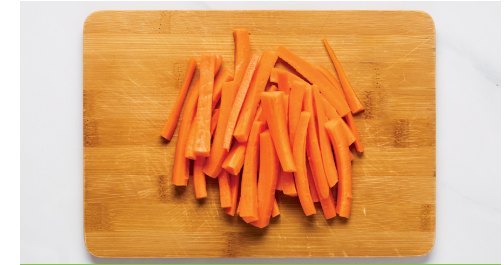
- Use pan used for chicken or sausage here.



5 ASSEMBLE FLATBREADS

- Drizzle **Buffalo sauce** over **cauliflower mixture** and toss to combine.
- Evenly top **flatbreads** with **mozzarella** and **Buffalo cauliflower**.
- Return flatbreads to top rack and bake until cheese melts, 2-4 minutes. (For 4 servings, return sheets to top and middle racks; swap positions halfway through baking.)

- Evenly top **flatbreads** with **chicken** or **sausage** along with **mozzarella** and **Buffalo cauliflower**.



3 TOAST & FINISH PREP

- While cauliflower cooks, place **flatbreads** on a baking sheet (**two sheets for 4 servings**) and toast on top rack until golden, 3-4 minutes (**top and middle racks for 4**)
- Trim, peel, and cut **carrots** into sticks (**like fries; ours were 3 inches long and 1/2 inch thick**).



6 FINISH & SERVE

- Slice **flatbreads** into quarters.
- Divide flatbreads and **carrot sticks** between plates. Sprinkle flatbreads with **scallion greens**. Serve with **dressing** on the side for dipping.