

# **INGREDIENTS**

2 PERSON | 4 PERSON



10 oz | 20 oz Cauliflower Florets



Scallions



¼ oz | ½ oz Frank's Seasoning Blend



Flatbreads Contains: Sesame.



6 oz | 12 oz Carrots



½ 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 6 Chopped Chicken Breast



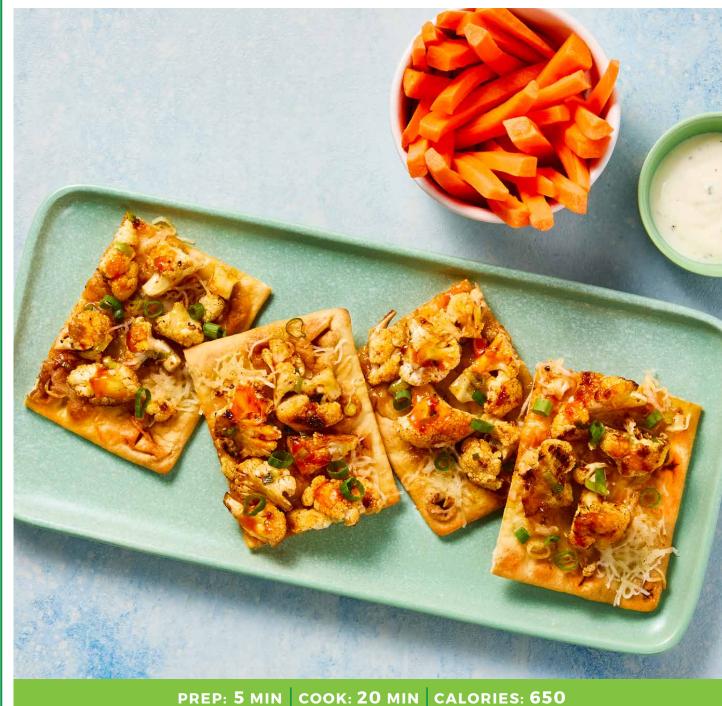
9 oz | 18 **oz** (a) Italian Chicken Sausage Mix

Galories: 840

G Calories: 910

# SPICY BUFFALO CAULIFLOWER FLATBREADS

with Mozzarella, Scallions, Carrot Sticks & Ranch Dressing





## 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
- \*Chicken Sausage is fully cooked when internal temperature



#### **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.



#### **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.
- (s) Use pan used for chicken or sausage here.



#### **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 1/3 inch thick).



### **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.



#### **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.



#### 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.