



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?
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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
- Baking sheet
- Peeler
- Small bowl
- Plastic wrap
- 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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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.

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

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