



BBQ PINEAPPLE FLATBREADS

with Caramelized & Pickled Onion

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Red Onion



4 oz | 8 oz
Pineapple



5 tsp | 10 tsp
Red Wine Vinegar



1 | 2
Long Green
Pepper



4 oz | 8 oz
Fresh Mozzarella
Contains: Milk



2 | 4
Flatbreads
Contains: Sesame,
Wheat



4 TBSP | 8 TBSP
BBQ Sauce



¼ Cup | ½ Cup
Monterey Jack
Cheese
Contains: Milk



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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: 10 MIN | COOK: 35 MIN | CALORIES: 650



HELLO

IN A PICKLE

Your microwave is the magic portal to quick-pickled red onion, which adds bright acidity and crispness to these flatbreads.

BRUSH WITH GREATNESS

In step 5, we ask you to brush the flatbreads with oil. We prefer to use a basting brush for the job, but if you don't have one, simply drizzle the oil and use the back of a spoon to evenly spread it around.

BUST OUT

- Aluminum foil
- Baking sheet
- Strainer
- 2 Small bowls
- Large pan (or 2 large pans) 🍳🍳
- Paper towels 🍳
- Kosher salt
- Black pepper
- Cooking oil (1½ tsp | 1½ tsp) (1 tsp | 1 tsp) 🍳🍳
- Olive oil (½ tsp | ½ 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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1 PICKLE ONION

- Place a foil-lined baking sheet on top rack (for 4 servings, place 2 foil-lined baking sheets on top and middle racks) and preheat oven to 450 degrees. Wash and dry produce.
- Halve, peel, and thinly slice onion. Drain pineapple over a small bowl, reserving juice. Stir ¼ of the onion, half the vinegar (you'll use the rest later), and a pinch of salt into bowl with juice. Set aside.



4 CAMELIZE

- Once cooked onion is softened, increase heat under pan to medium high. Add pineapple; cook, stirring, until pineapple is lightly browned, 2-3 minutes.
- Stir in remaining vinegar. Cook, stirring, until onion and pineapple are caramelized and jammy, 1-2 minutes more. Turn off heat and season with salt and pepper.



2 COOK ONION

- Heat a drizzle of oil in a large pan over medium heat. Add remaining onion; cook, stirring and adding splashes of water as needed to prevent sticking, until softened, 6-8 minutes.



5 ASSEMBLE FLATBREADS

- Brush or rub each flatbread with a small drizzle of oil. Remove prepared baking sheet from oven; carefully place flatbreads on sheet. (For 4 servings, divide flatbreads between both prepared sheets.)
- Evenly spread flatbreads with BBQ sauce, then top with caramelized onion and pineapple, green pepper, Monterey Jack, and mozzarella.

- 🍳 Top flatbreads with chicken
- 🍳 or sausage.



3 PREP

- While onion cooks, halve, core, and very thinly slice green pepper into strips. Toss in a second small bowl with a small drizzle of olive oil, salt, and pepper. Dice mozzarella into ½-inch pieces.
- 🍳 Pat chicken* dry with paper towels;
- 🍳 season all over with salt and pepper. Heat a drizzle of oil in a second large pan over medium-high heat. Add chicken or sausage*; cook, stirring frequently, until cooked through, 4-6 minutes.



6 FINISH & SERVE

- Return flatbreads to top rack until cheese melts and edges are golden brown, 10-12 minutes. (For 4 servings, return to top and middle racks; swap rack positions halfway through baking.)
- Transfer flatbreads to a cutting board and top with pickled onion (draining first) to taste. Slice into quarters, divide between plates, and serve.

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

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