



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: Wheat,
Sesame



4 TBSP | 8 TBSP
BBQ Sauce



¼ Cup(s) | ½ Cup(s)
Monterey Jack
Cheese
Contains: Milk



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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.

BUST OUT

- Aluminum foil
- 2 Small bowls
- Baking sheet
- Large pan (or 2 large pans)  
- Strainer
- Kosher Salt
- Cooking Oil
- Black Pepper
- Olive Oil

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 one-quarter of the onion, **half the vinegar (you'll use the rest later)**, and a **pinch of salt** into bowl with juice. Set aside.



4 CARAMELIZE

- 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

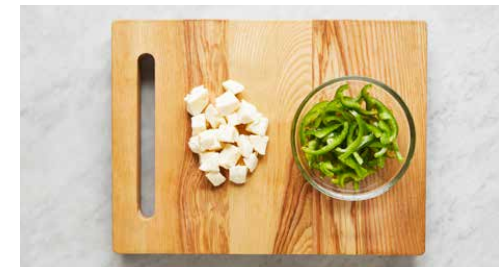
Heat a **drizzle of oil** in a large pan over medium heat. Add **remaining onion** and cook, stirring and adding **splashes of water** as needed to prevent sticking, until softened, 6-8 minutes.




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 1/2-inch pieces.
-  Open package of **chicken*** and drain off any excess liquid; 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.

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