



BBQ PINEAPPLE FLATBREADS

with Caramelized & Pickled Onion



HELLO PICKLED ONION

Marinating this awesome allium in vinegar and pineapple juice mellows its raw bite and provides a tangy-sweet punch.

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 680**



Red Onion



Red Wine Vinegar



Fresh Mozzarella
(Contains: Milk)



Cilantro



BBQ Sauce



Pineapple



Poblano Pepper



Monterey Jack Cheese
(Contains: Milk)



Flatbreads
(Contains: Wheat)

START STRONG

Why do our chefs ask you to place a foil-lined baking sheet (or two) in the oven while it preheats? The answer is simple: the hot sheet helps the flatbreads get nice and crispy, leading you on your way to golden-brown goodness.

BUST OUT

- Aluminum foil
- Baking sheet
- Strainer
- 2 Small bowls
- Large pan
- Vegetable oil (1 TBSP | 1 TBSP)
- Olive oil (1 tsp | 1 tsp)
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient 2-person | 4-person

- Red Onion 1 | 2
- Pineapple 4 oz | 8 oz
- Red Wine Vinegar 5 tsp | 10 tsp
- Poblano Pepper 1 | 2
- Fresh Mozzarella 4 oz | 8 oz
- Cilantro ¼ oz | ½ oz
- Flatbreads 2 | 4
- BBQ Sauce 4 TBSP | 8 TBSP
- Monterey Jack Cheese ¼ Cup | ½ Cup



1 PICKLE ONION

Place a foil-lined baking sheet on top rack (for 4 servings, 2 foil-lined sheets, on top and middle racks) and preheat oven to 450 degrees. **Wash and dry all 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 **pineapple juice**. Set aside.



4 CARAMELIZE ONION & PINEAPPLE

Once **cooked onion** is softened, increase heat under pan to medium high. Add **pineapple** and another drizzle of **oil**; 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 necessary to prevent sticking, until softened, 6-8 minutes.



5 ASSEMBLE FLATBREADS

Brush or rub each side of **flatbreads** with a drizzle of **oil**. Remove prepared baking sheet from oven; carefully place flatbreads on it (for 4 servings, divide flatbreads between 2 prepared sheets). Evenly spread with **BBQ sauce**, then top with **caramelized onion and pineapple, poblano, Monterey Jack, and mozzarella**.



3 PREP

Meanwhile, halve, core, and very thinly slice **poblano** into strips. Toss in a second small bowl with a drizzle of **olive oil, salt, and pepper**. Dice **mozzarella** into ½-inch pieces. Finely chop **cilantro**.



6 FINISH & SERVE

Return **flatbreads** to top rack until cheese has melted and edges are golden brown, 10-12 minutes. (For 4 servings, return to top and middle racks; swap rack positions halfway through baking.) Transfer to a cutting board and top with **cilantro** and **pickled onion** to taste. Slice into pieces and serve.

TAKE TWO

We also love pickled onion on sandwiches, salads, and grain bowls.



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