



Bacon & Zucchini Flatbread Pizza

with Garlic Sauce & Salad Greens

FEEL-GOOD TAKEAWAY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Zucchini



Snacking Tomatoes



Diced Bacon



Flatbread



Tomato Paste



Cheddar Cheese



Rocket Leaves



Garlic Sauce



Chicken Breast

Prep in: 10-20 mins
Ready in: 20-30 mins



Calorie Smart[^]
[^]Custom recipe is not Calorie Smart



Eat Me Early*
*Custom Recipe only

Did you say pizza? We sure did, and the best bit is that you don't even need to leave the house for this loaded one. Because let's be real, pizza tastes best when eaten in your PJs, maybe even on the couch with a movie.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Balsamic Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
snacking tomatoes	½ medium packet	1 medium packet
diced bacon	1 medium packet	1 large packet
flatbread	4	8
tomato paste	1 medium packet	1 large packet
Cheddar cheese	1 large packet	2 large packets
rocket leaves	1 small packet	1 medium packet
balsamic vinegar*	drizzle	drizzle
garlic sauce	1 medium packet	2 medium packets
chicken breast**	1 medium packet	OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2377kJ (568Cal)	631kJ (151Cal)
Protein (g)	22.8g	6.1g
Fat, total (g)	31.5g	8.4g
- saturated (g)	8.8g	2.3g
Carbohydrate (g)	47.3g	12.6g
- sugars (g)	11.1g	2.9g
Sodium (mg)	1082mg	287mg
Dietary Fibre (g)	5.4g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3093kJ (739Cal)	571kJ (136Cal)
Protein (g)	59.4g	11g
Fat, total (g)	34g	6.3g
- saturated (g)	9.6g	1.8g
Carbohydrate (g)	47.4g	8.7g
- sugars (g)	11.1g	2g
Sodium (mg)	1151mg	212mg
Dietary Fibre	5.4g	1g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Get prepped

- Preheat oven to **220°C/200°C fan-forced**. Thinly slice **zucchini**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **snacking tomatoes (see ingredients)**, **zucchini** and **diced bacon**, breaking up bacon with a spoon, until veggies are softened and bacon is golden, **4-5 minutes**.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks. Before cooking the veggies, heat a large frying pan with a drizzle of olive oil over high heat. Cook chicken, tossing occasionally, until slightly browned and cooked through (when no longer pink inside), 4-5 minutes. Transfer to a plate. Return pan to medium-high heat and continue as above.

3



Make the salad

- Meanwhile, place **rocket leaves** in a medium bowl.
- Drizzle with **balsamic vinegar** and **olive oil**, then toss to combine.

2



Bake the flatbread pizzas

- Lay **flatbreads** on a flat surface, rough-side down.
- Using the back of a spoon, spread **tomato paste** evenly across the **flatbreads**. Sprinkle with **Cheddar cheese**. Top with **tomatoes**, **zucchini** and **bacon mixture**.
- Place **flatbread** pizzas directly on a wire rack in the oven. Bake until cheese is melted and golden, **12-15 minutes**.

TIP: Baking the pizza directly on the wire rack helps the base to crisp up.

TIP: Place an oven tray underneath the wire rack to catch any drips!

Custom Recipe: Top pizzas with the cooked chicken before baking.

4



Serve up

- Slice bacon and zucchini flatbread pizzas.
- Season, then top with the dressed salad greens.
- Drizzle with **garlic sauce** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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