



Quick Beef Cheeseburger Flatbread Pizzas

with Herby Mayo & Apple Salad

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Apple



Brown Onion



Beef Mince



All-American Spice Blend



Flatbread



Tomato Paste



Cheddar Cheese



Spinach & Rocket Mix



Dill & Parsley Mayonnaise



Diced Bacon

Prep in: 20-30 mins
Ready in: 25-35 mins

Why serve flatbreads plain, when you can turn them into pizzas? The crisp bases stand up perfectly to the beef, melty Cheddar and All-American spice blend. Serve with a subtly sweet salad, complete with juicy pear to make it even better!

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

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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
apple	1	2
brown onion	1	2
beef mince	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
flatbread	4	8
tomato paste	1 medium packet	1 large packet
Cheddar cheese	1 large packet	2 large packets
vinegar* (white wine or balsamic)	drizzle	drizzle
spinach & rocket mix	1 small packet	1 medium packet
dill & parsley mayonnaise	1 medium packet	1 large packet
diced bacon**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3289kJ (786Cal)	752kJ (180Cal)
Protein (g)	42.2g	9.6g
Fat, total (g)	42.1g	9.6g
- saturated (g)	12g	2.7g
Carbohydrate (g)	58.6g	13.4g
- sugars (g)	23g	5.3g
Sodium (mg)	1003mg	229mg
Dietary Fibre (g)	7.6g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3677kJ (879Cal)	762kJ (182Cal)
Protein (g)	49.2g	10.2g
Fat, total (g)	48.9g	10.1g
- saturated (g)	14.5g	3g
Carbohydrate (g)	59.4g	12.3g
- sugars (g)	23.5g	4.9g
Sodium (mg)	1434mg	297mg
Dietary Fibre (g)	7.6g	1.5g

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.

We're here to help!

Scan here if you have any questions or concerns



1



Get prepped

- Remove wire racks from oven. Preheat oven to **220°C/200°C fan-forced**.
- Thinly slice **apple** into wedges.
- Thinly slice **brown onion**.

3



Bake the flatbread pizzas

- Lay each **flatbread** on a flat surface, rough side-down. Using the back of a spoon, spread **tomato paste** evenly across the **flatbreads**.
- Top evenly with **beef mixture**. Sprinkle over **Cheddar cheese**.
- Transfer **flatbread pizzas** to wire oven racks. Bake until cheese is melted and golden, **10-12 minutes**. Season.

TIP: Placing the pizzas directly on the wire racks helps the bases crisp up!

2



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **beef mince** and **onion**, breaking up **mince** with a spoon, until just browned, **4-6 minutes**.
- Reduce heat to medium-high and add **All-American spice blend** and a splash of **water**, stirring, until fragrant, **1 minute**. Remove from heat and season to taste.

Custom Recipe: If you've added diced bacon, cook bacon with the beef mince and onion, breaking up with a spoon, 4-6 minutes.

4



Toss & serve up

- Meanwhile, in a medium bowl, combine a drizzle of **vinegar** and olive oil. Season, then add apple and **spinach & rocket mix**. Toss to coat.
- Drizzle **dill & parsley mayonnaise** over pizzas.
- Divide beef cheeseburger flatbread pizzas between plates.
- Serve with apple salad. Enjoy!

Rate your recipe

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