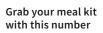


Easy Bacon & Zucchini Flatbread Pizza with Garlic Sauce & Salad Greens

FEEL-GOOD TAKEAWAY

AIR FRYER FRIENDLY













Snacking Tomatoes





Flatbread

Tomato Paste





Cheddar Cheese

Rocket Leaves



Garlic Sauce





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



Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Air fryer or wire oven rack

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
carrot	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	2 small packets
balsamic vinegar*	drizzle	drizzle
garlic sauce	1 packet	2 packets
*Pantry Items		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2436kJ (582cal)	256kJ (61cal)
Protein (g)	23.2g	2.4g
Fat, total (g)	31.4g	3.3g
- saturated (g)	8.8g	0.9g
Carbohydrate (g)	50.5g	5.3g
- sugars (g)	14.2g	1.5g
Sodium (mg)	1105mg	116.3mg
Dietary Fibre (g)	7g	0.7g

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.



Get prepped

- Thinly slice zucchini.
- Thinly slice carrot into half-moons.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook snacking tomatoes (see ingredients), zucchini, carrot and diced bacon, breaking up bacon with a spoon, until veggies are softened and bacon is golden, 4-5 minutes.



Make the salad

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



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, carrot and bacon mixture.
- Set air fryer to 200°C. Place flatbread pizzas into the air fryer basket. Cook until cheese is melted and golden, 5-7 minutes (cook flatbread pizzas in batches if needed).

TIP: No air fryer? Preheat oven to 220°C/200°C fan-forced. Place flatbread pizzas directly on a wire rack in the oven. Bake until cheese is melted and golden, 12-15 minutes. Place a tray on the shelf under the pizza's to catch any drips!



Serve up

- Season bacon and zucchini flatbread pizzas with salt and pepper.
- Divide pizzas between plates. Top with a drizzle of garlic sauce.
- · Serve with dressed salad greens. Enjoy!







Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

