

# Leek & Thyme Mini Flatbread Pizzas

with Cheddar & Mixed Leaf Salad

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

43



Zucchini



Leek



Tomato



Garlic



Thyme



Tomato Paste



Flatbread



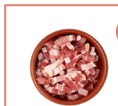
Cheddar Cheese



Mixed Salad Leaves



Rocket Leaves



Diced Bacon



Chicken Thigh

Prep in: 20-30 mins  
Ready in: 30-40 mins

 Calorie Smart

No cutlery is needed when you have mini flatbread pizzas on the menu! These ones are loaded up with some fancier veg (leek and zucchini), baked upon a tomato sauce base and sprinkled with aromatic thyme which makes our herby senses tingle!

### Pantry items

Olive Oil, Brown Sugar, Butter, Vinegar (White Wine or Balsamic)



## 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
zucchini	1	2
leek	1	2
tomato	1	2
garlic	2 cloves	4 cloves
thyme	1 packet	1 packet
tomato paste	1 medium packet	1 large packet
<b>water*</b>	2 tbs	¼ cup
<b>brown sugar*</b>	½ tsp	1 tsp
<b>butter*</b>	10g	20g
flatbread	4	8
Cheddar cheese	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet
rocket leaves	1 small packet	2 small packets

\*Pantry Items

## Nutrition

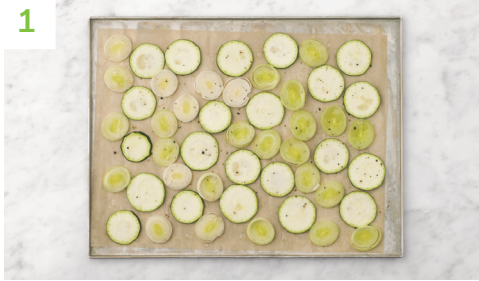
Avg Qty	Per Serving	Per 100g
Energy (kJ)	1826kJ (436cal)	219kJ (52cal)
Protein (g)	17.6g	2.1g
Fat, total (g)	17.7g	2.1g
- saturated (g)	8g	1g
Carbohydrate (g)	50.1g	6g
- sugars (g)	14g	1.7g
Sodium (mg)	541mg	64.9mg
Dietary Fibre (g)	10g	1.2g

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



## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Thinly slice **zucchini** and **leek** into rounds.
- Place the **veggies** on a lined oven tray, drizzle with **olive oil** and season with **salt** and **pepper**.
- Toss to coat, spread out evenly, then roast until tender, **15-18 minutes**.



## Bake the mini pizzas

- When the veggies are done, place **flatbreads** on a flat surface, rough-side down. Spread **pizza sauce** evenly over flatbreads and sprinkle with **Cheddar cheese**. Top with **roasted veggies** and **thyme**.
- Bake **pizzas** directly on a wire oven rack until the cheese is melted slightly and the flatbreads are crisp, **10-12 minutes**.

**TIP:** *Placing the pizzas directly on the wire rack helps the flatbread crisp up. Place a baking tray on the oven rack below to catch any drips!*



## Get prepped

- While the veggies are roasting, thinly slice **tomato** into wedges.
- Finely chop **garlic**.
- Pick and finely chop **thyme**.



## Make the salad

- While the pizzas are baking, in a medium bowl, combine the **vinegar** and a drizzle of **olive oil**. Season to taste.
- Add **tomato** and **mixed salad leaves**, then toss to coat. Set aside.



## Make the pizza sauce

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Add **tomato paste** and **garlic** and cook until fragrant, **1-2 minutes**.
- Add the **water**, **brown sugar** and **butter** and stir until slightly reduced, **1-2 minutes**. Season with a pinch of **salt** and **pepper**.



## Serve up

- Season the pizzas, then top with **rocket leaves** and a drizzle of olive oil.
- Evenly slice leek and thyme mini flatbread pizzas and serve with mixed leaf salad. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



### CUSTOM OPTIONS



#### ADD DICED BACON

Cook, breaking up with a spoon, 4-6 minutes. Sprinkle over flatbreads and bake as above.



#### ADD CHICKEN THIGH

Cut into bite-sized pieces. Add to flatbreads and bake as above.

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

