

# Peri-Peri Chicken Flatbread Pizzas

with Cucumber Salad & Garlic Sauce

NEW

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39



Cucumber



Chicken Thigh



Peri-Peri Seasoning



Flatbread



Tomato Paste



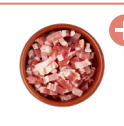
Cheddar Cheese



Mixed Salad Leaves



Garlic Sauce



Diced Bacon



Peeled Prawns

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

Calorie Smart

Protein Rich

Eat Me Early

These flatbread pizzas are so easy to make and curb that creeping takeaway craving! With peri-peri spiced chicken, cheesy goodness and garlic sauce, these pizzas are a fusion of flavours that you'll be wanting to make over and over again!

### Pantry items

Olive Oil, 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

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
cucumber	1	2
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
peri-peri seasoning	1 sachet	2 sachets
flatbread	4	8
tomato paste	1 medium packet	1 large packet
Cheddar cheese	1 large packet	2 large packets
mixed salad leaves	1 small packet	1 medium packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
garlic sauce	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2554kJ (610cal)	320kJ (76cal)
Protein (g)	50.6g	6.3g
Fat, total (g)	22.1g	2.8g
- saturated (g)	6.5g	0.8g
Carbohydrate (g)	50.5g	6.3g
- sugars (g)	13g	1.6g
Sodium (mg)	1265mg	158.5mg
Dietary Fibre (g)	4.8g	0.6g

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.

1



## Get prepped

- Remove wire racks from oven. Preheat oven to **220°C/200°C fan-forced**.
- Slice **cucumber** into half-moons.
- Cut **chicken thigh** into 2cm chunks.
- In a medium bowl, combine **peri-peri seasoning**, a pinch of **salt** and a drizzle of **olive oil**. Add **chicken**, tossing to coat.

3



## Bake the flatbread pizzas

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

**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!

2



## Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.

**TIP:** Chicken is cooked through when it is no longer pink inside.

4



## Serve up

- Meanwhile, in a second medium bowl, combine **mixed salad leaves**, **cucumber** and a drizzle of **vinegar** and olive oil. Season to taste.
- Drizzle **garlic sauce** over peri-peri chicken flatbread pizzas.
- Serve with cucumber salad. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



### CUSTOM OPTIONS

#### + ADD DICED BACON

Cook with chicken, breaking up with a spoon, 4-6 minutes. Continue with recipe.

#### ↻ SWAP TO PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes. Continue with recipe.

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

