



Easy Bacon & Zucchini Flatbread Pizza

with Garlic Sauce & Salad Greens

Grab your Meal Kit with this symbol



Zucchini



Snacking Tomatoes



Diced Bacon



Flatbread



Tomato Paste



Shredded Cheddar Cheese



Salad Leaves



Garlic Sauce



Chicken Breast

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

Eat Me Early*
*Custom Recipe only

Calorie Smart^
^ Custom Recipe is not Calorie Smart

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, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Wire oven rack

Ingredients

| | 2 People | 4 People |
|----------------------------|-----------------|------------------|
| olive oil* | refer to method | refer to method |
| zucchini | 1 | 2 |
| snacking tomatoes | ½ punnet | 1 punnet |
| diced bacon | 1 packet (90g) | 1 packet (180g) |
| flatbread | 4 | 8 |
| tomato paste | 1 medium packet | 1 large packet |
| shredded Cheddar cheese | 1 large packet | 2 large packets |
| salad leaves | 1 small bag | 1 medium bag |
| white wine vinegar* | drizzle | drizzle |
| garlic sauce | 1 medium packet | 2 medium packets |
| chicken breast** | 1 small packet | 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2578kJ (616Cal) | 675kJ (161Cal) |
| Protein (g) | 26.7g | 7g |
| Fat, total (g) | 33.8g | 8.9g |
| - saturated (g) | 12.5g | 3.3g |
| Carbohydrate (g) | 49.7g | 13g |
| - sugars (g) | 10.4g | 2.7g |
| Sodium (mg) | 1649mg | 432mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3338kJ (798Cal) | 610kJ (146Cal) |
| Protein (g) | 59.9g | 11g |
| Fat, total (g) | 39g | 7.1g |
| - saturated (g) | 14.1g | 2.6g |
| Carbohydrate (g) | 49.7g | 9.1g |
| - sugars (g) | 10.4g | 1.9g |
| Sodium (mg) | 1737mg | 318mg |

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. In a large frying pan, heat 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. Continue with step as above.

3



Make the salad

- Meanwhile, place **salad leaves** in a medium bowl.
- Drizzle with the **white wine 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 **shredded 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 on a lower 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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