



Easy Chorizo & Tomato Flatbread Pizzas

with Apple Salad & Cheddar

Grab your Meal Kit with this symbol



Sweetcorn



Tomato



Apple



Tomato Paste



Garlic & Herb Seasoning



Flatbread



Mixed Salad Leaves



Mild Chorizo



Shredded Cheddar Cheese



Mild Chorizo

Prep in: **15-25 mins**
Ready in: **30-40 mins**

In this easy-peasy pizza, mild chorizo adds just the right amount of saltiness and an umami-rich flavour, while the roasted tomatoes provide sweetness, juiciness and acidity to cut through the richness.

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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweetcorn	½ large tin	1 large tin
mild chorizo	1 packet (250g)	2 packets (500g)
tomato	1	2
apple	1	2
tomato paste	1 packet	1 packet
garlic & herb seasoning	1 medium sachet	1 large sachet
water*	⅓ cup	⅔ cup
flatbread	4	8
shredded Cheddar cheese	1 large packet	2 large packets
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 medium bag	2 medium bags
mild chorizo**	1 packet (250g)	2 packets (500g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3845kJ (919Cal)	800kJ (191Cal)
Protein (g)	46.2g	9.6g
Fat, total (g)	51.8g	10.8g
- saturated (g)	19.8g	4.1g
Carbohydrate (g)	63.9g	13.3g
- sugars (g)	21.8g	4.5g
Sodium (mg)	2628mg	547mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5282kJ (1262Cal)	872kJ (208Cal)
Protein (g)	72g	11.9g
Fat, total (g)	77.3g	12.8g
- saturated (g)	29.1g	4.8g
Carbohydrate (g)	66.2g	10.9g
- sugars (g)	24.2g	4g
Sodium (mg)	4053mg	669mg

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

- Preheat oven to **220°C/200°C fan-forced**. Drain **sweetcorn** (see ingredients). Thinly slice **mild chorizo**. Thinly slice **tomato**. Thinly slice **apple** into wedges.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **corn** and **chorizo**, tossing, until just browned, **4-6 minutes**. Transfer to a plate.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **tomato paste** and **garlic & herb seasoning**, stirring, until fragrant, **1 minute**. Stir in the **water**, then simmer until slightly thickened, **1 minute**.

Custom Recipe: If you've doubled your mild chorizo, cook the corn and chorizo in batches for best results.

3



Dress the leaves

- Meanwhile, combine a drizzle of **vinegar** and **olive oil** in a medium bowl.
- Add **apple** and **mixed salad leaves**. Toss to coat.

2



Bake the flatbread pizzas

- Place **flatbreads** on a flat surface, rough-side down.
- Spread **tomato sauce** evenly across **flatbreads** using the back of a spoon. Evenly top with **tomato** then cooked **corn** and **chorizo**. Sprinkle with **shredded Cheddar cheese**.
- Place **flatbread** pizzas directly on a wire rack in the oven. Bake until cheese is melted and golden, **10-12 minutes**.

TIP: Baking the pizzas directly on the wire rack helps the bases crisp up! Place an oven tray underneath the wire rack to catch any drips!

4



Serve up

- Slice chorizo and tomato flatbread pizzas. Top with salad.
- Divide between plates to serve. Enjoy!

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