

Mushroom & Cheddar Flatbread Pizza

with Caramelised Onion & Rocket-Fetta Salad

Grab your Meal Kit with this symbol



Red Onion



Garlic



Sliced Mushrooms



Vegetable Stock Powder



Flatbread



Pear



Rocket Leaves



Pizza Sauce



Shredded Cheddar Cheese



Semi-Dried Tomatoes



Fetta Cubes



Chicken Breast

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

 Eat Me Early

Why serve flatbreads plain, when you can turn them into pizzas? The crisp bases stand up perfectly to the meaty mushrooms, melty Cheddar, and sweet and savoury onion. Serve with a subtly sweet and peppery salad, complete with crumbled fetta to make it even better!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, 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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1	2
garlic	2 cloves	4 cloves
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	½ tbs
sliced mushrooms	1 medium packet	1 large packet
semi-dried tomatoes	½ packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
flatbread	4	8
pizza sauce	1 packet	2 packets
shredded Cheddar cheese	1 large packet	2 large packets
pear	½	1
rocket leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
fetta cubes	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2764kJ (661Cal)	563kJ (135Cal)
Protein (g)	29.5g	6g
Fat, total (g)	32.3g	6.6g
- saturated (g)	16.8g	3.4g
Carbohydrate (g)	60.8g	12.4g
- sugars (g)	21.2g	4.3g
Sodium (mg)	2022mg	412mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3511kJ (839Cal)	535kJ (128Cal)
Protein (g)	63.9g	9.7g
Fat, total (g)	36.6g	5.6g
- saturated (g)	18.1g	2.8g
Carbohydrate (g)	61.3g	9.3g
- sugars (g)	21.6g	3.3g
Sodium (mg)	2103mg	321mg

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

2022 | CW27



1



Caramelise the onion

- Remove wire oven rack from the oven. Preheat oven to **220°C/200°C fan-forced**. Thinly slice the **red onion**. Finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **onion**, stirring regularly, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar**, **brown sugar** and a splash of **water**. Mix well. Cook until dark and sticky, **2-3 minutes**.
- Add **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a small bowl.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks. Before caramelising the onion, heat frying pan over high heat with a drizzle of olive oil. Cook chicken, tossing occasionally, until slightly browned, 3-4 minutes (it will finish cooking in step 4!). Transfer to a bowl.

4



Bake the pizzas

- Bake **flatbread pizzas** until cheese is melted and golden, **12-15 minutes**.

TIP: Baking the flatbreads directly on the wire racks helps the bases crisp up!

Custom Recipe: Bake flatbread pizzas until cheese is melted and chicken is cooked through (when no longer pink inside), 12-15 minutes.

2



Get prepped

- While the onion is cooking, roughly chop **semi-dried tomatoes** (see ingredients).
- In a medium bowl, combine **sliced mushrooms**, **vegetable stock powder**, a drizzle of **olive oil** and a pinch of **pepper**.

5



Make the salad

- Meanwhile, thinly slice **pear** (see ingredients).
- In a second medium bowl, combine **rocket leaves**, **pear** and a drizzle of **white wine vinegar** and **olive oil**.
- Crumble in **fetta cubes**. Toss to coat. Season to taste.

3



Prep the pizzas

- Place **flatbreads** directly on the wire oven rack.
- Spread **pizza sauce** evenly across **flatbreads** using the back of a spoon.
- Sprinkle over **shredded Cheddar cheese**. Top with **mushrooms** and **semi-dried tomatoes**.

Custom Recipe: After sprinkling over the Cheddar, top flatbreads with seared chicken, the mushrooms and semi-dried tomatoes.

6



Serve up

- Spoon caramelised onion over the mushroom and Cheddar flatbread pizza.
- Divide pizza between plates.
- Serve with rocket-fetta salad. Enjoy!

TIP: Slice the pizza before serving, if you have time!

Rate your recipe

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