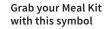


Mushroom & Cheddar Flatbread Pizza

with Caramelised Onion & Rocket-Fetta Salad

















Sliced Mushrooms









Flatbread



Rocket Leaves



Pizza Sauce



Shredded Cheddar



Cheese





Fetta Cubes



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!



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

You will need

Large frying pan Ingradients

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	1/2	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 Posino		

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





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.



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**.



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.



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.



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.



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

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate