



Quick BBQ Bacon Flatbread Pizza

with Cheddar & Cherry Tomato Salad

Grab your Meal Kit with this symbol



Red Onion



Sweetcorn



BBQ Sauce



Flatbread



Cherry/Snacking Tomatoes



Salad Leaves



Diced Bacon



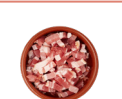
Tomato Paste



Ranch Dressing



Shredded Cheddar Cheese



Diced Bacon

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: 15-25 mins
Ready in: 25-35 mins

This is the kind of recipe the kids will love to help out with...and which will see everyone going back for a second slice. Enjoy!

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1	2
sweetcorn	1 tin (125g)	1 tin (410g)
diced bacon	1 packet (90g)	1 packet (180g)
tomato paste	1 packet	2 packets
BBQ sauce	1 packet	2 packets
water*	¼ cup	½ cup
flatbread	4	8
shredded Cheddar cheese	1 medium & 1 large packet	3 large packets
cherry/snacking tomatoes	1 punnet	2 punnets
white wine vinegar*	drizzle	drizzle
salad leaves	1 small bag	1 medium bag
ranch dressing	1 packet	2 packets
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3179kJ (759Cal)	576kJ (137Cal)
Protein (g)	36g	6.5g
Fat, total (g)	39.7g	7.2g
- saturated (g)	21.4g	3.9g
Carbohydrate (g)	62.2g	11.3g
- sugars (g)	22.3g	4g
Sodium (mg)	2055mg	372mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3566kJ (852Cal)	598kJ (142Cal)
Protein (g)	43g	7.2g
Fat, total (g)	46.5g	7.8g
- saturated (g)	23.9g	4g
Carbohydrate (g)	63g	10.6g
- sugars (g)	22.8g	3.8g
Sodium (mg)	2485mg	416mg

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 | CW37



1



Get prepped

- Remove wire rack from oven. Preheat oven to **220°C/200°C fan-forced**. Thinly slice **red onion**. Drain **sweetcorn**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion, sweetcorn and diced bacon**, breaking bacon up with a spoon, until golden, **4-5 minutes**. Transfer to a bowl.
- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **pizza sauce** until fragrant, **1 minute**.
- Add **BBQ sauce**, the **water** and a pinch of **salt**. Stir until smooth and slightly thickened, **1 minute**.

Little cooks: Don your goggles and have a go at peeling off the onion's outer layer!

Custom Recipe: If you've doubled your diced bacon, cook the onion, sweetcorn and bacon for an extra 2-3 minutes.

3



Make the salad

- Meanwhile, halve **cherry tomatoes**.
- In a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**.
- When the pizza is almost ready, top the **vinegar-oil dressing** with **salad leaves, cherry tomatoes and ranch dressing**. Toss to combine.

Little cooks: Lend a hand by tossing the salad!

2



Bake the pizza

- Place each **flatbread** directly on the oven wire rack.
- Using the back of a spoon, spread **BBQ pizza sauce** evenly over each **flatbread**, then sprinkle with **shredded Cheddar cheese**. Top with **sweetcorn, onion and bacon**.
- Bake until **cheese** is melted and golden and flatbread is crisp, **12-15 minutes**.

TIP: Baking the pizza directly on the wire rack helps the flatbread crisp up!

Little cooks: Take charge by building the pizzas!

4



Serve up

- Slice BBQ bacon and Cheddar flatbread pizza, then divide between plates.
- Serve with cherry tomato salad. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.com.au/rate