



# Smokey BBQ Chicken Pizza

with Mozzarella



Master shredded chicken



BBQ Spice Blend



Free-Range Chicken Thigh



Tomato Paste



Red Onion



Green Capsicum



Mozzarella Cheese



Wholemeal Pizza Bases

*Pantry Staples*



Balsamic Vinegar



Olive Oil



Water

Hands-on: **15** mins  
Ready in: **25** mins

Eat me early

Pulled pork? That's so last season. Tonight, we're pulling BBQ spiced chicken, atop a fabulous pizza no less. If that doesn't get us some kind of cool guy points, we don't know what will!



# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **medium bowl**, **medium saucepan (with a lid)**, **tongs**, **two forks**, **chef's knife**, **chopping board**, **box grater**, **small bowl** and a **spoon**.



## 1 COOK THE CHICKEN

Preheat the oven to **200°C/180°C fan-forced**. In a medium bowl, combine the **BBQ spice blend**, **free-range chicken thigh** and a **drizzle of olive oil** and toss to coat. Heat a medium saucepan over a medium-high heat and cook the chicken thigh for **2 minutes** on each side, or until golden. Add the **tomato paste (for the chicken)** and the **hot water** (**check the ingredients list for the amount**), season with a **pinch of salt** and **pepper** and mix well. Reduce the heat to low and cook, covered, for **8-10 minutes**, or until the chicken is cooked through. Once cooked, use two forks to shred the chicken thigh finely.



## 2 GET PREPPED

While the chicken is cooking, finely slice the **red onion**. Roughly chop the **green capsicum**. Grate the **Mozzarella cheese**.



## 3 PREPARE THE PIZZA BASE

Lay the **wholemeal pizza bases** on a flat surface, rough side down. Mix the **tomato paste (for the pizza)** with the **balsamic vinegar** in a small bowl and season to taste with a **pinch of salt** and **pepper**. Spread the **tomato paste mixture** evenly across the pizza bases using the back of a spoon.



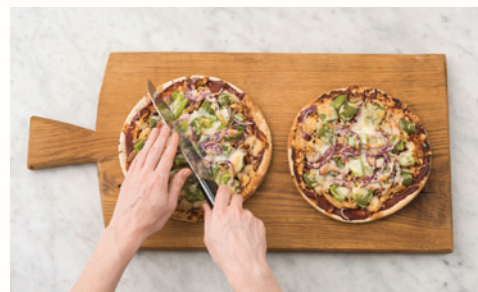
## 4 ADD THE TOPPINGS

Top the pizzas with the pulled **BBQ chicken**, **red onion** and **green capsicum**. Sprinkle over the grated **Mozzarella cheese**.



## 5 BAKE THE PIZZAS

Place the **pizzas** in the oven directly onto the wire racks and cook for **10 minutes**, or until the cheese is melted and golden.



## 6 SERVE UP

Slice the smokey BBQ chicken pizzas into wedges and divide between plates.

# Enjoy!

# 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
BBQ spice blend	1 sachet (3 tsp)
free-range chicken thigh	1 packet
tomato paste (for the chicken)	1 sachet (2 tbs)
hot water*	¼ cup
red onion	½
green capsicum	1
Mozzarella cheese	1 block (150 g)
wholemeal pizza bases	3
tomato paste (for the pizza)	3 sachets (6 tbs)
balsamic vinegar*	1 tbs

\*Pantry Items | This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3020kJ (722Cal)	695kJ (166Cal)
Protein (g)	43.8g	10.1g
Fat, total (g)	23.0g	5.3g
- saturated (g)	9.8g	2.3g
Carbohydrate (g)	79.9g	18.4g
- sugars (g)	13.6g	3.1g
Sodium (mg)	1480mg	339mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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