



Italian Sausage Flatbread Pizzas

with Baby Greens Salad

Family Friendly

Spicy

25-35 Minutes

Customized Protein

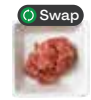
+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Ground Turkey
250 g | 500 g



Bacon Strips
100 g | 200 g



Mild Italian Sausage, uncased
250 g | 500 g



Sweet Bell Pepper
1 | 2



Mozzarella Cheese, shredded
3/4 cup | 1 1/2 cups



Balsamic Vinegar
1 tbsp | 2 tbsp



Chili Flakes
4 g | 8 g



Spring Mix
56 g | 113 g



Marinara Sauce
1/2 cup | 1 cup



Parmesan Cheese, shredded
1/4 cup | 1/2 cup



Tomato
1 | 2



Flatbread
2 | 4



Garlic Salt
4 g | 8 g



Italian Seasoning
4.3 g | 4.3 g



Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Oil, sugar, pepper, salt

Cooking utensils | Aluminum foil, baking sheet, large bowl, large non-stick pan, measuring spoons, silicone brush, whisk

1



Prep

- Before starting, preheat the broiler to high.
- Wash and dry all produce.
- Core, then cut **pepper** into ¼-inch slices.
- Cut **tomato** into ¼-inch pieces.

2



Cook sausage and peppers

🔄 Swap | **Ground Turkey**

+ Add | **Bacon Strips**

- Heat a large non-stick pan over medium-high.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **sausage**, **peppers**, **garlic salt** and **half the Italian Seasoning** (use all for 4 servings). Cook for 6-8 min, stirring and breaking up **sausage** into smaller pieces, until **peppers** are tender and **sausage** is cooked through.**
- Carefully drain and discard excess fat.
- Season with **pepper**, if you like.

4



Assemble and finish flatbreads

- Evenly spread **marinara sauce** across **flatbreads**.
- Top with **sausage and pepper mixture**, then **mozzarella** and **half the Parmesan**.
- Broil in the **middle** of the oven for 2-3 min, until **cheese** melts. (**NOTE**: For 4 servings, broil one sheet at a time.) (**TIP**: Keep an eye on them so they don't burn!)

5



Toss salad

- Meanwhile, in a large bowl, whisk together **vinegar**, ¼ **tsp** (½ **tsp**) **sugar** and 1 **tbsp** (2 **tbsp**) **oil**. Season with **salt** and **pepper**.
- Add **spring mix**, **tomatoes** and **remaining Parmesan**. Toss to combine.

3



Broil flatbreads

- Meanwhile, on a foil-lined baking sheet, arrange **flatbreads**. Brush with ½ **tbsp oil**. (**NOTE**: For 4 servings, use 2 baking sheets, with ½ **tbsp** oil per sheet.)
- Broil **flatbreads** in the **bottom** of the oven for 1-2 min, until softened. (**NOTE**: For 4 servings, broil one sheet at a time.) (**TIP**: Keep an eye on them so they don't burn!)

6



Finish and serve

+ Add | **Bacon Strips**

- Cut **flatbread pizzas** into quarters.
- Divide **flatbread pizzas** and **salad** between plates.
- Sprinkle **chili flakes** over top, if you like.

Measurements within steps | 1 **tbsp** (2 **tbsp**) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Cook turkey and peppers

🔄 Swap | **Ground Turkey**

If you've opted to get **turkey**, add 1 **tbsp** (2 **tbsp**) **oil** to the pan, then add **turkey**. Cook **turkey** in the same way the recipe instructs you to cook the **sausage****.

2 | Cook bacon and sausage

+ Add | **Bacon Strips**

If you've opted to add **bacon**, heat the pan over medium-high. When hot, add **bacon**. Cook for 5-7 min, flipping occasionally, until crispy.** Remove from heat. Using tongs, transfer **bacon** to a paper towel-lined plate. Set aside. Carefully wipe the pan clean. Use the same pan to cook **sausage** and **peppers**.

6 | Finish and serve

+ Add | **Bacon Strips**

Roughly crumble **bacon**, then sprinkle **bacon** over **flatbread pizzas**.

** Cook sausage and turkey to a minimum internal temperature of 165°F, and bacon to a minimum internal temperature of 160°F.