



BBQ Chicken Flatbread Pizzas

with Garden Salad

Family Friendly

35 Minutes



Chicken Breasts



BBQ Sauce



Red Onion



Mozzarella Cheese,
shredded



Baby Spinach



Balsamic Vinegar



Roma Tomato



Carrot



Flatbread



BBQ Seasoning

HELLO BBQ SAUCE

This sweet, smoky sauce adds depth to grilled and roasted dishes!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, measuring spoons, plastic wrap, rolling pin, box grater, aluminum foil, large bowl, parchment paper, small bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
BBQ Sauce	8 tbsp	16 tbsp
Red Onion	56 g	113 g
Mozzarella Cheese, shredded	¾ cup	1 ½ cups
Baby Spinach	56 g	113 g
Balsamic Vinegar	1 tbsp	2 tbsp
Roma Tomato	80 g	160 g
Carrot	85 g	170 g
Flatbread	2	4
BBQ Seasoning	1 tbsp	2 tbsp
Sugar*	¼ tsp	½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.

Contact

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Prep chicken

Pat **chicken** dry with paper towels. Cover **each chicken breast** with plastic wrap. Using a mallet, rolling pin or heavy-bottomed pan, carefully pound **each chicken breast** until ½-inch thick. Season with **BBQ Seasoning, salt and pepper**.



Assemble and bake pizzas

Arrange **flatbreads** on a foil-lined baking sheet. Evenly spread **remaining BBQ sauce** across **flatbreads**. Top with **chicken**, then **onion rings and cheese**. Bake in the **middle** of the oven until **cheese** melts, 6-7 min. (**NOTE:** For 4 ppl, use 2 baking sheets and bake in the middle and top of the oven, rotating sheets halfway through.)



Cook chicken

Heat a large non-stick pan over medium heat. When hot, add ½ **tbsp oil**, then **chicken**. (**NOTE:** For 4 ppl, cook chicken in 2 batches, using ½ tbsp oil per batch.) Pan-fry until golden-brown, 1-2 min per side. Transfer **chicken** to a parchment-lined baking sheet. Roast in the **middle** of the oven until cooked through, 8-10 min. **



Finish pizzas

Switch oven to broil and move **pizzas** to the **top** of the oven. Broil until **cheese** is golden and **flatbread edges** are dark-brown, 1-3 min. (**NOTE:** For 4 ppl, broil 1 baking sheet of pizzas at a time.)



Prep

While **chicken** cooks, peel, then cut **half the onion** into ⅛-inch-thick rounds (whole onion for 4 ppl). Separate into **rings**. Peel, then grate **half the carrot** (whole carrot for 4 ppl). Cut **tomato** into ½-inch pieces. Add **vinegar, ¼ tsp sugar** and **1 ½ tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt and pepper**, then whisk to combine. (**NOTE:** This is your vinaigrette.) Reserve **2 tbsp BBQ sauce** (dbl for 4 ppl) in a small bowl.



Finish and serve

Add **spinach, grated carrot** and **tomatoes** to the large bowl with **vinaigrette**. Toss to combine. Drizzle **reserved BBQ sauce** over **pizzas**, if desired. Cut **pizzas** into quarters. Divide **pizzas** and **salad** between plates.

Dinner Solved!