



Pizza-Style Chicken

with Arugula and Spinach Salad

Carb Smart Optional Spice 25 Minutes



Chicken Breasts



Red Cabbage, shredded



Sweet Bell Pepper



Crushed Tomatoes with Garlic and Onion



Mozzarella Cheese, shredded



Italian Seasoning



Balsamic Vinegar



Arugula and Spinach Mix



Chili Flakes

HELLO PIZZA STYLE

Forget the dough! Butterflied chicken creates the perfect base for all the pizza toppings!

Start here

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

Heat Guide for Step 6 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp

Bust Out

Baking sheet, medium bowl, measuring spoons, large bowl, parchment paper, whisk, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Red Cabbage, shredded	56 g	113 g
Sweet Bell Pepper	160 g	320 g
Crushed Tomatoes with Garlic and Onion	185 ml	370 ml
Mozzarella Cheese, shredded	¾ cup	1 ½ cup
Italian Seasoning	1 tbsp	2 tbsp
Balsamic Vinegar	1 tbsp	2 tbsp
Arugula and Spinach Mix	56 g	113 g
Chili Flakes 🌶️	1 tsp	1 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 our meal kit labels for the most current allergen information.

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

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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Prep

Core, then cut **pepper** into ¼-inch pieces. Toss **half the peppers** with **half the Italian Seasoning** in a medium bowl. Season with **salt and pepper**. Set aside.



Make salad

While **chicken** roasts, whisk together **vinegar** and **1 tbsp oil** (dbl for 4 ppl) in a large bowl. Add **cabbage, remaining peppers** and **arugula and spinach mix**. Season with **salt and pepper**, then toss to combine.



Prep chicken

Pat **chicken** dry with paper towels. Carefully slice into centre of **each chicken breast**, lengthwise and parallel to the cutting board, leaving ½-inch intact on the other end. Open up **chicken** like a book. Season both sides with **salt and pepper**, then sprinkle with **remaining Italian Seasoning**.



Finish and serve

Divide **chicken** and **salad** between plates. Sprinkle **½ tsp chili flakes** over **chicken**. (NOTE: Reference Heat Guide.)

Dinner Solved!



Roast chicken

Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-sear, until golden-brown, 1-2 min per side. Remove pan from heat. Transfer **chicken** to a parchment-lined baking sheet. Spoon **⅓ cup crushed tomatoes** over **each** piece of **chicken**, then sprinkle **seasoned peppers** (from step 1) and **cheese** over top. Roast in the **middle** of the oven, until **chicken** is cooked through, 12-14 min.**