



MAR
2017

Rainbow Tomato Flatbread

with Mozzarella, Pesto and Arugula

It's hard to go wrong with vibrant cherry tomatoes and herby pesto. We're letting these ingredients shine in a simple flatbread recipe that couldn't be easier to prepare. If you know in advance you'll be making this recipe, let your dough come to room temperature ahead of time—it'll be easier to roll out!

 **Prep**
30 min

 **veggie**



Whole-Wheat
Pizza Dough



Multi-coloured
Cherry Tomatoes



Baby Arugula



Basil Pesto



Balsamic Vinegar



Honey



Mozzarella



All-Purpose Flour

Ingredients

	2 People
Whole-Wheat Pizza Dough	1) 1 pkg (280 g)
Multi-coloured Cherry Tomatoes	1 pkg (255 g)
Baby Arugula	1 pkg (85 g)
Basil Pesto	2) 3) 1 pkg (½ cup)
Balsamic Vinegar	4) ½ bottle (1 tbsp)
Mozzarella, shredded	2) 1 pkg (1 cup)
All-Purpose Flour	1) 1 pkg (2 tbsp)
Honey	¾ pkg (2 tsp)
Olive or Canola Oil*	

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Milk/Lait
- 3) Treenuts/Noix
- 4) Sulphites/Sulfites

Tools

Rolling Pin, Baking Sheet, Measuring Spoons

Nutrition per person Calories: 702 cal | Fat: 32 g | Protein: 29 g | Carbs: 82 g | Fibre: 10 g | Sodium: 1791 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Preheat the oven to 425°F (to bake the pizza) and remove the pizza dough from the fridge. Start prepping when the oven comes up to temperature!

2 Roll the dough: Sprinkle some **flour** on your counter. Using a rolling pin, or a long glass bottle (like a wine bottle!) roll out the dough into a rough ¼-inch thick rectangle. Place it on a parchment-lined baking sheet and prick all over with a fork. Bake in the centre of the oven until the crust is lightly golden, 10-12 min.

3 Prep: Meanwhile, **wash and dry all produce**. Cut the **tomatoes** in half.

4 When the **pizza crust** is done baking, spread the **pesto** over the par-baked dough. Sprinkle with **mozzarella**, then layer on the **tomato halves**. Return to the oven and bake until the cheese melts, 5-7 min.

5 Meanwhile, in a medium bowl, whisk **1 tbsp vinegar**, **2 tsp honey** and a drizzle of **oil**. Season with **salt** and **pepper**. Add the **arugula** and toss to combine.

6 Finish and serve: Top the **flatbread** with the **dressed arugula**. Cut into squares and serve any remaining arugula on the side. Enjoy!

DID YOU KNOW? Basil pesto is a sauce originating in Genoa, the capital city of Liguria, Italy. It is traditionally made with garlic, pine nuts, basil, Parmesan and olive oil!

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Ruler

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