



# Squash and Caramelized Onion Flatbreads

## with Sage Ricotta Cheese

Veggie

Optional Spice

35 Minutes



Ricotta Cheese



Flatbread



Sage



Arugula and Spinach Mix



Butternut Squash, cubes



Red Onion



Balsamic Glaze



Pepitas



Chili Flakes



Baby Tomatoes



Mozzarella Cheese, shredded

HELLO FLATBREAD

*These flatbreads are the perfect crispy swap for pizza dough!*

## Start here

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

### Heat Guide for Step 1 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp
- Extra-spicy: 1 tsp

## Bust out

Baking sheet, measuring spoons, parchment paper, small bowl, large non-stick pan, large bowl, silicone brush

## Ingredients

	2 Person	4 Person
Ricotta Cheese	100 g	200 g
Flatbread	2	4
Sage	7 g	7 g
Arugula and Spinach Mix	56 g	113 g
Butternut Squash, cubes	170 g	340 g
Red Onion	113 g	226 g
Balsamic Glaze	2 tbsp	4 tbsp
Pepitas	28 g	56 g
Chili Flakes 🌶️	¼ tsp	½ tsp
Baby Tomatoes	113 g	227 g
Mozzarella Cheese, shredded	¾ cup	1 ½ cups
Sugar*	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

\* Pantry items

## 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

Share your photos #HelloFreshLife  
Call or email us | (855) 272-7002  
hello@hellofresh.ca  
HelloFresh.ca



## Prep and roast squash

Peel, then cut **onion** into ¼-inch slices. Finely chop **2 tsp sage leaves** (dbl for 4 ppl). Add **squash, half the sage, 1 tbsp oil** (dbl for 4 ppl) and **¼ tsp chili flakes** to parchment-lined baking sheet. (**NOTE:** Reference heat guide.) Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, stirring halfway through, until **squash** is golden-brown and tender, 20-22 min.



## Toast flatbreads

Arrange **flatbreads** on an unlined baking sheet. Brush with **½ tbsp oil**. (**NOTE:** For 4 ppl, use 2 baking sheets, using ½ tbsp oil per baking sheet.) Toast **flatbreads** in the **bottom** of the oven until softened, 2-3 min. While **flatbreads** toast, stir together **ricotta, half the mozzarella, remaining sage** and **¼ tsp salt** (dbl for 4 ppl) in a small bowl.



## Toast pepitas

While **squash** roasts, heat a large non-stick pan over medium heat. When hot, add **pepitas** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer **pepitas** to a plate.



## Assemble flatbreads

Spread **ricotta mixture** over flatbreads. Top with **squash, caramelized onions** and **remaining mozzarella**. Bake **flatbreads** in the **middle** of the oven until golden-brown and crisp, 2-3 min. (**NOTE:** For 4 ppl, bake flatbreads in the middle and top of the oven, rotating sheets halfway through.)



## Caramelize onions

Add **½ tbsp oil** (dbl for 4 ppl) to the same pan, then **onions**. Cook, stirring occasionally, until slightly softened, 3-4 min. Add **1 tsp sugar** (dbl for 4 ppl) and season with **salt**. Cook, stirring occasionally, until **onions** are dark golden-brown, 3-4 min. Remove the pan from heat, then stir in **half the balsamic glaze**. Set aside.



## Finish and serve

While **flatbreads** bake, halve **tomatoes**. Whisk together, **remaining balsamic glaze** and **1 tbsp oil** (dbl for 4 ppl) in a large bowl. Add **tomatoes** and **arugula and spinach mix**. Season with **salt** and **pepper**, then toss to combine. Cut **flatbreads** into pieces. Divide **flatbreads** and **salad** between plates. Sprinkle **pepitas** over **salad** and **flatbreads**.

## Dinner Solved!