



Easy Bacon & Capsicum Flatbread Pizzas

with Cheddar Cheese & BBQ Mayo

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Capsicum



Tomato



Diced Bacon



Baby Spinach Leaves



Tomato Paste



Nan's Special Seasoning



Flatbreads



Cheddar Cheese



BBQ Mayo



Diced Bacon

Prep in: 15-25 mins
Ready in: 30-40 mins

Bring a pizza party to the table with this cheerful creation, which isn't shy on the toppings. Don't forget to add a good drizzle of BBQ mayo to tie all the fab flavours together.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
tomato	1	2
diced bacon	1 packet (90g)	1 packet (180g)
baby spinach leaves	1 small bag	1 medium bag
tomato paste	1 packet	2 packets
Nan's special seasoning	1 medium sachet	2 medium sachets OR 1 large sachet
butter*	20g	40g
water*	¼ cup	½ cup
flatbreads	4	8
Cheddar cheese	1 large packet	2 large packets
BBQ mayo	1 medium packet	2 medium packets
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5173kJ (1236Cal)	861kJ (206Cal)
Protein (g)	42.5g	7.1g
Fat, total (g)	48.7g	8.1g
- saturated (g)	18.5g	3.1g
Carbohydrate (g)	152.6g	25.4g
- sugars (g)	17.1g	2.8g
Sodium (mg)	2602mg	433mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5561kJ (1329Cal)	862kJ (206Cal)
Protein (g)	49.4g	7.7g
Fat, total (g)	55.4g	8.6g
- saturated (g)	21g	3.3g
Carbohydrate (g)	153.3g	23.7g
- sugars (g)	17.6g	2.7g
Sodium (mg)	3032mg	470mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Get prepped

- Remove wire racks from oven. Preheat oven to **220°C/200°C fan-forced**.
- Slice **capsicum** into thin strips. Roughly chop **tomato**, then set aside.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **diced bacon** and **capsicum**, breaking up bacon with a spoon, until golden and tender, **3-4 minutes**. In the **last minute**, add **baby spinach leaves**, stirring, until wilted. Transfer to a plate.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **tomato paste**, **Nan's special seasoning** and the **butter** until fragrant, **1 minute**. Stir in the **water**, then simmer until slightly thickened, **1 minute**. Season with **salt** and **pepper** to taste.

Custom Recipe: If you've doubled your diced bacon, cook diced bacon for an extra 2-3 minutes. Continue as above.

3



Bake the pizzas

- Bake **pizzas** until cheese is melted and bases are crisp, **10-12 minutes**.

TIP: Baking the pizzas directly on wire oven racks helps the bases crisp up.

TIP: Place an oven tray underneath the wire racks to catch any drips!

2



Assemble the pizzas

- Place **flatbreads** directly on wire oven racks.
- Spoon **tomato sauce** evenly over flatbeads. Top with **bacon-veggie mixture** and **tomato**.
- Sprinkle with **Cheddar cheese**.

4



Serve up

- Drizzle bacon and capsicum flatbread pizzas with **BBQ mayo**.
- Slice, then divide between plates to serve. Enjoy!

Rate your recipe

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