



Quick BBQ Chicken Mini Flatbread Pizzas

with Apple Salad & Flaked Almonds

TAKEAWAY FAVES

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Apple



Brown Onion



Chicken Breast



Aussie Spice Blend



Flatbread



BBQ Sauce



Cheddar Cheese



Mixed Salad Leaves



Flaked Almonds



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

Calorie Smart*
**Custom Recipe is not Calorie Smart*

Eat Me Early

Something about mini flatbread pizzas just makes pizza taste that much better. Packed with cheesy BBQ chicken and paired with a tomato salad, soggy and cold takeaway pizzas can now be a distant memory!

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

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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
apple	1	2
brown onion	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
flatbread	4	8
BBQ sauce	1 medium packet	2 medium packets
Cheddar cheese	1 large packet	2 large packets
mixed salad leaves	1 small packet	1 medium packet
vinegar* (white wine or balsamic)	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2572kJ (615Cal)	569kJ (136Cal)
Protein (g)	50.9g	11.3g
Fat, total (g)	17.9g	4g
- saturated (g)	6.1g	1.4g
Carbohydrate (g)	60.4g	13.4g
- sugars (g)	25.1g	5.6g
Sodium (mg)	1273mg	282mg
Dietary Fibre (g)	8.1g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3288kJ (786Cal)	533kJ (127Cal)
Protein (g)	87.5g	14.2g
Fat, total (g)	20.4g	3.3g
- saturated (g)	6.9g	1.1g
Carbohydrate (g)	60.6g	9.8g
- sugars (g)	25.1g	4.1g
Sodium (mg)	1343mg	218mg
Dietary Fibre (g)	8.3g	1.3g

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



Get prepped

- Remove wire racks from oven. Preheat oven to **220°C/200°C fan-forced**.
- Thinly slice **apple** into wedges.
- Thinly slice **brown onion**.
- Cut **chicken breast** into 2cm chunks.
- In a medium bowl, combine **chicken**, **Aussie spice blend**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.

Custom Recipe: If you've doubled your chicken breast, prepare chicken and cook as above.



Bake the flatbread pizzas

- Lay **flatbreads** on a flat surface, rough-side down.
- Spread **BBQ sauce** evenly across flatbreads using the back of a spoon.
- Top with **chicken** and **onion** then sprinkle over **Cheddar cheese**.
- Transfer **flatbread pizzas** to oven wire racks. Bake until cheese is melted and golden, **10-12 minutes**. Season.

TIP: Baking the pizza directly on the wire rack helps the base to crisp up. Place an oven tray underneath the wire rack to catch any drips!



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **chicken** and **onion**, tossing occasionally, until browned and cooked through (when no longer pink inside), **5-6 minutes**.



Serve up

- In a medium bowl, combine **mixed salad leaves**, apple and a drizzle of **vinegar** and olive oil. Season.
- Divide flatbread pizzas and apple salad between plates.
- Top salad with **flaked almonds** to serve. Enjoy!

Rate your recipe

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