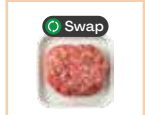




# SuperQuick Zesty Italian Sausage Flatbreads with Roasted Pepper Pesto

15 Minutes



Ground Beef  
250 g | 500 g

Customized Protein + Add Swap or \*2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit [hellofresh.ca](https://www.hellofresh.ca)



- Mild Italian Sausage, uncased  
250 g | 500 g
- Flatbread  
2 | 4
- Croutons  
28 g | 56 g
- Sweet Bell Pepper  
1 | 2
- Onion, sliced  
56 g | 113 g
- Spring Mix  
56 g | 113 g
- Parmesan Cheese, shredded  
½ cup | 1 cup
- Roasted Pepper Pesto  
¼ cup | ½ cup
- Balsamic Vinegar  
1 tbsp | 2 tbsp
- Honey  
1 | 2
- Zesty Garlic Blend  
1 tbsp | 2 tbsp

**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.

Pantry items | Oil, salt, pepper

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring spoons, parchment paper, whisk

1



### Cook sausage and onions

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

🔄 Swap | Ground Beef

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 **tblsp**) **oil**, then **sausage** and **onions**. Cook, breaking up **sausage** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Add **Zesty Garlic Blend**, **vinegar** and **2 tsp** (4 **tsp**) **honey**. Cook, stirring often, until combined, 30 sec.
- Remove from heat.
- Transfer **sausage-onion mixture** to a plate.

4



### Bake flatbreads

- Bake **flatbreads** the **middle** of the oven, until **cheese** melts, 2-3 min. (**NOTE:** For 4 ppl, use two baking sheets and bake in the middle and top of the oven, rotating sheets halfway through.)

2



### Prep

- Meanwhile, core, then finely cut **pepper**.
- Add **remaining honey**, ½ **tbsp** (1 **tblsp**) **pesto** and **1 tbsp** (2 **tblsp**) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.

5



### Finish and serve

- Meanwhile, add **spring mix**, **croutons** and **remaining peppers** to the large bowl with dressing (in step 2). Toss to combine.
- Cut **flatbreads** into quarters.
- Divide **flatbreads** between plates.
- Serve **salad** alongside.

3



### Assemble flatbreads

- Arrange **flatbreads** on a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets.)
- Spread **remaining pesto** over **flatbreads**, then top with **sausage-onion mixture**, **Parmesan** and **half the peppers**.

Measurements  
within steps

1 **tbsp** (2 **tblsp**) **oil**  
2 person 4 person Ingredient

### 1 | Cook beef and onions

🔄 Swap | Ground Beef

If you've opted to get **beef**, cook it in the same way the recipe instructs you to cook the **sausage**. Remove and discard excess fat, if desired.\*\*

\*\* Cook to a minimum internal temperature of 74°C/165°F.