



Grilled Sausage Flatbreads with Peppers

Family Friendly

Grill

25 - 35 Minutes

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)

Swap



Ground Turkey
250 g | 500 g

Swap



Beyond Meat®
2 | 4



Mild Italian Sausage, uncased
250 g | 500 g



Flatbread
2 | 4



Green Bell Pepper
1 | 2



Tomato
1 | 2



Parsley
7 g | 7 g



Tomato Sauce Base
4 tbsp | 8 tbsp



Mozzarella Cheese, shredded
¾ cup | 1 ½ cup



Balsamic Vinegar
1 tbsp | 2 tbsp



Garlic Puree
1 tbsp | 2 tbsp



Chili Flakes
1 tsp | 1 tsp



Spring Mix
56 g | 113 g



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 | Salt, sugar, pepper, oil

Cooking utensils | Baking sheet, large bowl, large non-stick pan, measuring spoons, medium bowl, small bowl, whisk

1



Prep

- Before starting, wash and dry all produce.
- Lightly oil the grill. While you prep, preheat the grill to 400°F over medium heat.

- Core, then cut **pepper** into ¼-inch pieces.
- Cut **tomato** into ¼-inch pieces.
- Roughly chop **parsley**.
- Add **tomato sauce base**, **garlic puree** and ½ **tsp** (1 tsp) **sugar** to a small bowl. Season with **salt** and **pepper**, then stir to combine.

2



Cook sausage and peppers

Swap | **Ground Turkey**

Swap | **Beyond Meat®**

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **sausage** and **half the peppers**. Cook, breaking up **sausage** into smaller pieces, until no pink remains, 4-5 min. **
- Season with **salt** and **pepper**.
- Transfer **sausage** and **peppers** to a medium bowl.
- Place **sausage mixture**, **tomato sauce mixture** and **cheese** on a tray for easy assembly by the grill. (**NOTE:** These are your toppings.)

3



Grill flatbreads

- Bring toppings, **flatbreads** and an unlined baking sheet to the grill (use 2 baking sheets for 4 ppl).
- Arrange **flatbreads** on the grill. Grill on one side until toasted, 2-3 min.
- Transfer **flatbreads** to the baking sheet, grilled-side up.

4



Assemble and finish flatbreads

- Evenly spread **tomato sauce mixture** over **flatbreads**.
- Top with **cheese** and **sausage-pepper mixture**.
- Carefully transfer **flatbreads** to the grill. Close lid, then reduce heat to low. Grill until bottoms of **flatbreads** are toasted and **cheese** is melted, 4-7 min. (**TIP:** Keep an eye on flatbreads so they don't burn.)
- Transfer **flatbreads** back to the baking sheet.
- Let stand for 2-3 min.

5



Make salad

- When **flatbreads** are done, add **vinegar**, ½ **tsp** (1 **tsp**) **sugar** and 1 **tbsp** (2 **tbsp**) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **tomatoes**, **spring mix** and **remaining peppers**. Toss to combine.

6



Finish and serve

- Cut **flatbreads** into quarters.
- Divide **flatbreads** and **salad** between plates. Sprinkle **parsley** over top.
- Sprinkle **chili flakes** over top, if desired.

Measurements
within steps

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

2 | Cook turkey and peppers

Swap | **Ground Turkey**

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **sausage**. **

2 | Cook Beyond Meat® and peppers

Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, cook it the same way as the **sausage**, breaking up **patties** into smaller pieces, until crispy, 5-6 min. ** Follow the rest of the recipe as written.

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