

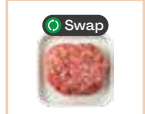


SuperQuick Buffalo-Inspired Turkey Flatbreads

with Roasted Cauliflower and Creamy Ranch

Spicy

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)



Ground Turkey
250 g | 500 g



Flatbread
2 | 4



Hot Sauce
2 tbsp | 4 tbsp



Mozzarella Cheese, shredded
¾ cup | 1 ½ cups



Ranch Dressing
2 tbsp | 4 tbsp



Cauliflower
285 g | 570 g



Green Onion
1 | 2



Cream Cheese
2 | 4



BBQ Seasoning
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 | Aluminum foil, baking sheet, large non-stick pan, measuring spoons

1



Broil cauliflower

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

- Cut **cauliflower** into bite-sized pieces.
- Add **cauliflower** and **1 tbsp** (2 tbsp) **oil** to a foil-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Broil **cauliflower** in the **top** of the oven until golden brown, 5-6 min.

2



Cook turkey

🔄 Swap | **Ground Beef**

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **turkey** and **BBQ Seasoning**. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min. ****** Season with **salt** and **pepper**.
- Add **half the hot sauce**. Toss to coat.

3



Assemble flatbreads

- Arrange **flatbreads** on the same foil-lined baking sheet. (**NOTE:** For 4 ppl, use 2 foil-lined baking sheets.)
- Spread **cream cheese** over **flatbreads**. Top with **turkey mixture** and **cauliflower**, then sprinkle **cheese** over top.

4



Broil flatbreads

- Broil **flatbreads** in the **middle** of the oven until golden and crisp, 5-6 min. (**NOTE:** For 4 ppl, broil flatbreads in batches.) (**TIP:** Keep your eye on them so they don't burn!)

5



Finish and serve

- Meanwhile, thinly slice **green onions**.
- Cut **each flatbread** into 4 pieces.
- Sprinkle with **green onions**.
- Drizzle **ranch dressing** and **remaining hot sauce** over top.

Measurements
within steps

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

2 | Cook beef

🔄 Swap | **Ground Beef**

If you've opted to get **beef**, reduce **oil** to **½ tbsp** (1 tbsp), then add **beef** to the pan. Don't add **BBQ seasoning** until after **beef** is cooked and fat is drained. Cook **beef** in the same way the recipe instructs you to cook the **turkey**. Remove and discard excess fat, if desired.