



# BBQ Beef and Mozzarella Flatbread Pizzas




## with Apple and Mixed Greens Salad

Family Friendly 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	 Swap
	
Mild Italian Sausage 250 g   500 g	Beyond Meat® 2   4
	
Ground Beef 250 g   500 g	Flatbread 2   4
	
Gala Apple 1   2	Yellow Onion 1   2
	
Spring Mix 56 g   113 g	Green Onion 1   2
	
Mozzarella Cheese, shredded ¾ cup   1 ½ cups	Marinara Sauce ½ cup   1 cup
	
BBQ Sauce 4 tbsp   8 tbsp	White Wine Vinegar 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** | Pepper, sugar, salt, oil

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

1



## Prep and marinate apples

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Core, then cut **apple** into ¼-inch slices.
- Thinly slice **green onion**.
- Peel, then cut **onion** into ½-inch slices.
- Add **vinegar**, **1 tbsp** (2 tbsp) **oil** and **¼ tsp** (½ tsp) **sugar** to a large bowl. Season with **salt** and **pepper**, then whisk until **sugar** dissolves.
- Add **apples** to **dressing**, then toss to combine. Set aside.

2



## Cook beef

🔄 Swap | **Mild Italian Sausage**

🔄 Swap | **Beyond Meat®**

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Carefully drain and discard excess fat.
- Add **half the BBQ sauce** to **beef**. Cook, stirring occasionally, until fragrant, 30 sec. Season with **salt** and **pepper**.
- Remove from heat.
- Transfer **beef** to a plate.
- Carefully wipe the pan clean.

3



## Cook onions

- Reheat the same pan over medium-high.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **onions**. Cook, stirring occasionally, until tender, 3-4 min. Season with **salt** and **pepper**.
- Remove from heat.
- Transfer **onions** to the plate with **beef**, then cover to keep warm.

4



## Toast flatbreads

- Meanwhile, arrange **flatbreads** on a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets.)
- Toast **flatbreads** in the **middle** of the oven until softened, 2-3 min. (**NOTE:** For 4 ppl, toast in the top and middle of the oven, rotating sheets halfway through.)

5



## Bake flatbread pizzas

- Spread **marinara sauce** over **toasted flatbreads**.
- Top with **beef** and **onions**, then sprinkle **cheese** over top.
- Bake in the **middle** of the oven until **cheese** is melted and **flatbreads** are golden-brown and crisp, 6-8 min. (**NOTE:** For 4 ppl, bake flatbreads in the top and middle of the oven, rotating sheets halfway through.)

6



## Finish and serve

- Add **spring mix** to the bowl with **marinated apples**. Toss to combine.
- Cut **flatbread pizzas** into slices, then drizzle **remaining BBQ sauce** over top.
- Sprinkle **green onions** over **pizzas**.
- Divide **pizzas** and **salad** between plates.

Measurements  
within steps

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

2 | Cook sausage

🔄 Swap | **Mild Italian Sausage**

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

2 | Cook Beyond Meat®

🔄 Swap | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, cook it the same way as the **beef**, breaking up patties into smaller pieces, until crispy, 5-6 min.\*\* Disregard instructions to drain excess fat.

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