



Italian Sausage and Pesto Flatbreads

with Balsamic-Dressed Garden Salad

Family Friendly 25-35 Minutes

Customized Protein

+ Add

Swap

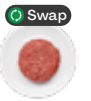
or

x2 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 Beef
250 g | 500 g



Beyond Meat®
2 | 4



Mild Italian Sausage, uncased
250 g | 500 g



Garlic Powder
1 tsp | 2 tsp



Yellow Onion, chopped
56 g | 113 g



Basil Pesto
¼ cup | ½ cup



Mozzarella Cheese, shredded
¾ cup | 1 ½ cups



Parmesan Cheese, shredded
¼ cup | ½ cup



Flatbread
2 | 4



Spring Mix
56 g | 113 g



Tomato
1 | 2



Croutons
28 g | 56 g



Balsamic Glaze
2 tbsp | 4 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 | Salt, pepper, oil

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

1



Cook sausage and onions

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

🔄 Swap | **Ground Beef**

🔄 Swap | **Beyond Meat®**

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **onions** and **sausage**.
- Cook, breaking up **sausage** into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard excess fat.
- Season with **garlic powder**, **salt** and **pepper**. Cook, stirring often, until fragrant, 30 sec.

2



Prep flatbreads

- Meanwhile, halve **tomato** lengthwise. Thinly slice **half the tomato** into half-moons, then cut **remaining tomato** into ½-inch pieces.
- Arrange **flatbreads** on a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets.)
- Spread **pesto** over **flatbreads**. (**TIP:** Skim off excess oil on top of pesto, if desired.)

3



Assemble and bake flatbreads

- Sprinkle **half the mozzarella** over **flatbreads**, then top with **sausage-onion mixture**.
- Top with **sliced tomatoes**, then sprinkle with **Parmesan** and **remaining mozzarella**.
- Bake assembled **flatbreads** in the **bottom** of the oven, moving to the **top** of the oven halfway through, until edges are golden-brown, 8-10 min. (**NOTE:** For 4 ppl, bake in the bottom and top of the oven, rotating sheets halfway through.)

4



Make vinaigrette

- Add **half the balsamic glaze** and **1 tbsp** (2 tbsp) **oil** to a large bowl.
- Season with **salt** and **pepper**, then whisk to combine.

5



Make salad

- Add **remaining tomatoes**, **croutons** and **spring mix** to the large bowl with **vinaigrette**, then toss to coat.

6



Finish and serve

- Cut **flatbreads** in half.
- Divide **flatbreads** and **salad** between plates.
- Drizzle **remaining balsamic glaze** over **flatbreads**.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

1 | Cook beef and onions

🔄 Swap | **Ground Beef**

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

1 | Cook Beyond Meat® and onions

🔄 Swap | **Beyond Meat®**

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

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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