



## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Red Onion



4 oz | 8 oz  
Pineapple



5 tsp | 10 tsp  
Red Wine  
Vinegar



1 | 2  
Poblano Pepper



4 oz | 8 oz  
Fresh Mozzarella  
Contains: Milk



¼ oz | ¼ oz  
Cilantro



2 | 4  
Flatbreads  
Contains: Wheat



4 TBSP | 8 TBSP  
BBQ Sauce



¼ Cup | ½ Cup  
Monterey Jack  
Cheese  
Contains: Milk

# BBQ PINEAPPLE FLATBREADS

with Caramelized & Pickled Onions



## HelloCustom

2 PERSON | 4 PERSON

If you chose to add a protein or veggie when placing your order, follow the **HelloCustom** instructions on the flip side of this card to learn how to modify your meal.



10 oz | 20 oz  
Chicken Breast  
Strips

Calories: 930

PREP: 10 MIN | COOK: 35 MIN | CALORIES: 740



# HELLO FRESH

## HELLO

### CARAMELIZED ONION

Savory, sweet, and all-around delicious on your flatbreads

### TOAST WITH THE MOST

Why do our chefs ask you to place a foil-lined baking sheet (or two) in the oven while it preheats? The answer is simple: The hot sheet helps the flatbreads get nice and crispy, leading you on your way to golden goodness.

### BUST OUT

- Aluminum foil
- Baking sheet
- Strainer
- 2 Small bowls
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 6 tsp)
- Olive oil (1 tsp | 1 tsp)
- Paper towels ⚡
- Large pan ⚡
- Cooking oil (1 tsp | 1 tsp) ⚡

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⚡ Chicken is fully cooked when internal temperature reaches 165°.



### 1 PICKLE ONION

- Place a foil-lined baking sheet on top rack (for 4 servings, use 2 foil-lined sheets on top and middle racks) and preheat oven to 450 degrees. **Wash and dry produce.**
- Halve, peel, and thinly slice **onion**. Drain **pineapple** over a small bowl, reserving **juice**. Stir ¼ of the onion, **half the vinegar** (you'll use the rest later), and a **pinch of salt** into bowl with juice. Set aside.



### 2 COOK ONION

- Heat a **drizzle of oil** in a large pan over medium heat. Add **remaining onion**; cook, stirring and adding **splashes of water** as needed to prevent sticking, until softened, 6-8 minutes.

⚡ Pat **chicken\*** dry with paper towels and season all over with **salt** and **pepper**. Heat a **drizzle of oil** in a second large pan over medium-high heat. Add chicken in a single layer; cook until browned and cooked through, 4-6 minutes. Turn off heat and set aside.



### 4 CARAMELIZE

- Once **cooked onion** is softened, increase heat under pan to medium high. Add **pineapple** and a **drizzle of oil**; cook, stirring, until pineapple is lightly browned, 2-3 minutes.
- Stir in **remaining vinegar**. Cook, stirring, until onion and pineapple are caramelized and jammy, 1-2 minutes more. Turn off heat and season with **salt** and **pepper**.



### 5 ASSEMBLE FLATBREADS

- Brush or rub each **flatbread** with a **drizzle of oil**. Remove prepared baking sheet from oven; carefully place flatbreads on sheet. (For 4 servings, divide flatbreads between both prepared sheets.)
- Evenly spread flatbreads with **BBQ sauce**, then top with **caramelized onion and pineapple**, **poblano**, **Monterey Jack**, and **mozzarella**.

⚡ Top **flatbreads** with **chicken**.



### 3 PREP

- While onion cooks, halve, core, and very thinly slice **poblano** into strips. Toss in a second small bowl with a **drizzle of olive oil**, **salt**, and **pepper**. Dice **mozzarella** into ½-inch pieces. Finely chop **cilantro**.



### 6 FINISH & SERVE

- Return **flatbreads** to top rack until cheese melts and edges are golden brown, 10-12 minutes. (For 4 servings, return to top and middle racks; swap rack positions halfway through baking.)
- Transfer flatbreads to a cutting board and top with **cilantro** and **pickled onion** (draining first) to taste. Cut into pieces, divide between plates, and serve.