



Cheesy BBQ Chicken Pizza

with Tomato Salad

TAKEAWAY FAVES

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Pizza Dough



Tomato



Onion



Diced Chicken



Aussie Spice Blend



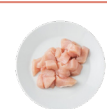
BBQ Sauce



Shredded Cheddar Cheese



Mixed Salad Leaves



Diced Chicken

Prep in: 20-30 mins
Ready in: 30-40 mins



Calorie Smart*

*Custom Recipe is not Calorie Smart



Eat Me Early

Who needs a takeaway shop when homemade pizza tastes this good? Unleash your inner chef with this recipe, roll your own dough, and arrange the toppings just how you like! BBQ sauce, chicken and onion act as the perfect ingredients to create your very own masterpiece.

CUSTOM RECIPE

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pizza dough	1 packet	2 packets
tomato	1	2
onion	1	2
diced chicken	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
BBQ sauce	2 medium packets	4 medium packets
shredded Cheddar cheese	1 large packet	2 large packets
mixed salad leaves	1 small packet	1 medium packet
vinegar* (white wine or balsamic)	drizzle	drizzle
diced chicken**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2634kJ (630Cal)	402kJ (96Cal)
Protein (g)	62.2g	9.5g
Fat, total (g)	25.6g	3.9g
- saturated (g)	11.2g	1.7g
Carbohydrate (g)	133.7g	20.4g
- sugars (g)	18g	2.7g
Sodium (mg)	1297mg	198mg
Dietary Fibre (g)	13.2g	2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3291kJ (787Cal)	409kJ (98Cal)
Protein (g)	95.7g	11.9g
Fat, total (g)	28g	3.5g
- saturated (g)	12g	1.5g
Carbohydrate (g)	134.5g	16.7g
- sugars (g)	18.7g	2.3g
Sodium (mg)	1359mg	169mg
Dietary fibre	13.2g	1.6g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW17



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Halve each ball of **pizza dough** and set aside to rest for **20 minutes**.
- Slice **tomato** into thin wedges.
- Thinly slice **onion**.
- In a medium bowl, combine **diced chicken**, **Aussie spice blend**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.

TIP: The resting time helps make the dough easier to work with plus improves the pizza base texture.

Custom Recipe: If you've doubled your diced chicken, flavour chicken in a large bowl.



Top the pizzas

- Spread **BBQ sauce** evenly across bases using the back of a spoon.
- Top with **chicken** and **onion**, then sprinkle over **shredded Cheddar cheese**.
- Bake **pizzas** until cheese is melted and golden, **15-20 minutes**. Season.



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **chicken** and **onion**, tossing occasionally, until browned and cooked through, **5-6 minutes**.

TIP: Chicken is cooked through when it's no longer pink inside.

Custom Recipe: Cook chicken in batches for best result.



Make the salad

- Meanwhile, combine **mixed salad leaves**, **tomato** and a drizzle of **vinegar** and **olive oil** in a medium bowl. Season.



Prep the pizza bases

- Lightly dust **flour** over a clean surface. Flour your hands and a rolling pin, then stretch and roll each ball of **dough** into a 25cm circle.
- Transfer **pizza bases** to two lined oven trays.

TIP: Dusting the surface and your hands with flour helps prevent the dough from sticking.



Serve up

- Slice cheesy BBQ chicken pizza.
- Serve with tomato salad. Enjoy!

Rate your recipe

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