



**GREEN  
CHEF**

# PINEAPPLE BBQ FLATBREADS

*bell pepper, spicy pickled shallots, mozzarella, cheddar*

## COOK TIME

25 MIN

## SERVINGS

2

## CALORIES PER SERVING

750

## MENU

VEGETARIAN

These craveable flatbreads are sweet, savory, tangy, and spicy—everything you could want in one bite. First, you'll pickle shallots in pineapple juice, apple cider vinegar, and red pepper flakes. Next, you'll sauté green bell pepper, pineapple, and more shallots until tender. Afterward, you'll toast the flatbreads, then layer them with barbecue sauce, veggie mixture, and two kinds of cheese. Once they're warm and melty, you'll sprinkle the flatbreads with pickled shallots to really light up your taste buds.

## INGREDIENTS (9 ITEMS)

2¾ oz **Pineapple**  
2 whole **Shallots**  
1 unit **Green bell pepper**  
2¾ oz **Apple-cider pickling vinegar**  
½ tsp **Crushed red pepper flakes**  
2 whole **Flatbreads** W  
3½ oz **Mild barbecue sauce**  
4 oz **Mozzarella cheese** M  
1 oz **Sharp cheddar cheese** M

## WHAT YOU'LL NEED

small pot  
large sauté pan  
baking sheet  
measuring spoons  
oven mitt  
cooking & olive oils  
salt & pepper

## ALLERGENS

W WHEAT  
M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to [greenchef.com/faq](https://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

**PREP**

- Preheat oven to 425 degrees.
- Finely chop **pineapple** (reserve any juice in pouch).
- Cut ends off **shallots** and discard peels. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Cut **green bell pepper**\* lengthwise into strips, about ¼ inch thick. Halve strips widthwise.

*\*The ingredient you received may be a different color.*

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2

**PICKLE SHALLOTS**

- Place reserved **pineapple juice**, **apple-cider pickling vinegar**, and **crushed red pepper flakes**\* in a small pot. Bring to a boil over medium heat.
- Remove from heat. Add about half the **shallots**. Let pickle at least 5 minutes, stirring occasionally.

*\*If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

3

**SAUTÉ VEGGIES & PINEAPPLE**

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **bell pepper** and remaining **shallots** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until shallots are translucent, stirring occasionally.
- Add **pineapple**. Cook 2-3 minutes, or until lightly browned, stirring occasionally. Season with salt and pepper to taste.

4

**TOAST FLATBREADS**

- Place **flatbreads** on a lightly oiled, foil-lined baking sheet. Drizzle about ¼ teaspoon olive oil over each **flatbread**. Rub to evenly coat.
- Toast 5-6 minutes, or until lightly browned.

5

**BUILD & BAKE FLATBREADS**

- Spread **mild barbecue sauce** over **flatbreads**. (Careful! Baking sheet is hot!) Top with **sautéed veggies and pineapple**. Sprinkle with **mozzarella cheese** and **sharp cheddar cheese**.
- Bake 5-6 minutes, or until cheese melts.

6

**PLATE YOUR DISH**

- Sprinkle **pickled shallots** over **flatbreads** to taste. Quarter **flatbreads**.
- Divide **pineapple BBQ flatbreads** between plates. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (409g)

**Amount per serving**

**Calories** 750

	% Daily Value*
<b>Total Fat</b> 32g	41%
Saturated Fat 11g	55%
Trans Fat 0g	
<b>Cholesterol</b> 55mg	18%
<b>Sodium</b> 1740mg	76%
<b>Total Carbohydrate</b> 93g	34%
Dietary Fiber 5g	18%
Total Sugars 35g	
Includes 6g Added Sugars	12%
<b>Protein</b> 27g	
Vitamin D 1mcg	6%
Calcium 655mg	50%
Iron 3mg	15%
Potassium 345mg	8%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**Flatbreads** [enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, "00" flour, olive oil, yeast, contains less than 2% of: sea salt, natural mold inhibitors (cultured wheat starch, cultured wheat flour, vinegar), canola oil, wheat gluten, sugar, semolina flour, ground millet, sugar, salt, natural flavor, ascorbic acid], **Mozzarella Cheese** [part-skim milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, annatto, anti caking agent (potato starch powdered cellulose, natamycin)], **Barbecue Sauce** [tomato puree (filtered water, tomato paste), sugar, white vinegar, molasses, natural hickory smoke flavor, salt, corn starch, Worcestershire sauce (white vinegar, molasses, filtered water, sugar, sea salt, caramel color, garlic powder, spices, cayenne pepper, black pepper, xanthan gum), caramel color, onion powder, garlic powder, ground red peppers, xanthan gum], **Shallot**, **Bell Peppers**, **Pineapple** [pineapple], **Crushed Red Pepper Flakes**, **Pickling Vinegar** (Apple Cider Vinegar [apple cider vinegar], Lime Juice [lime], Agave [organic agave syrup])

### Allergen information:

Contains Milk And Wheat

*Allergens may be reflected in pantry items listed in the "What You'll Need" section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*