

Cheesy BBQ Chicken & Corn Pizza

with Fresh Dough & Caramelised Onion

TAKEAWAY FAVES

Grab your meal kit
with this number

35



Pizza Dough



Onion



Sweetcorn



Diced Chicken



All-American
Spice Blend



BBQ Sauce



Shredded Cheddar
Cheese



Diced
Bacon



Diced
Chicken

Prep in: 20-30 mins
Ready in: 50-60 mins

 Calorie Smart

 Eat Me Early

Who needs takeaway when homemade can taste this good? This pizza topping combo takes first place - juicy BBQ chicken, caramelised onion and pops of sweet freshness from the sweetcorn. Add a double helping of Cheddar cheese for extra melty goodness, and you're onto a winner!

Pantry items

Olive Oil, Balsamic Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Rolling pin · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pizza dough	1 packet	2 packets
onion	½	1
sweetcorn	1 medium tin	1 large tin
diced chicken	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
BBQ sauce	1 large packet	2 large packets
balsamic vinegar*	1 tbs	2 tbs
shredded Cheddar cheese	1 large packet	2 large packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2655kJ (635Cal)	452kJ (108Cal)
Protein (g)	61.5g	10.5g
Fat, total (g)	24.7g	4.2g
- saturated (g)	11.1g	1.9g
Carbohydrate (g)	137.1g	23.3g
- sugars (g)	25.4g	4.3g
Sodium (mg)	1466mg	250mg
Dietary Fibre (g)	8.3g	1.4g

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.



Get prepped

- Preheat oven to **240°C / 220°C fan-forced**.
- Keep **pizza dough** in packaging and place in a bowl of hot tap water (not boiling) until the dough is warm, **20 minutes**.
- Halve each ball of pizza dough, then set aside to rest for at least **1 hour**, until dough increases in size (speed this up by covering each dough ball with a bowl).

TIP: The dough needs to be warm to increase in size. Resting the dough improves the pizza base texture.



Prep the bases

- Dust some **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 a lined oven tray (divide between two trays if your bases are overlapping).

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



Caramelize the onion

- Meanwhile, thinly slice **onion** (see ingredients). Drain **sweetcorn**.
- In a medium bowl, combine **diced chicken**, **All-American spice blend** and a drizzle of **olive oil**. Set aside.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce heat to medium. Add **BBQ sauce**, the **balsamic vinegar** and a generous splash of **water** and mix well. Cook until dark and sticky, **1-2 minutes**. Transfer to a small bowl.



Bake the pizzas

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



Cook the chicken

- Wipe out the frying pan and return to high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken**, tossing occasionally, until browned and cooked through, **3-4 minutes**. Remove pan from heat.

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



Serve up

- Slice cheesy BBQ chicken and corn pizza. Divide between plates to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW26



CUSTOM OPTIONS

+ **ADD DICED BACON**
Cook bacon, breaking up with a spoon, 4-6 minutes.

+ **DOUBLE DICED CHICKEN**
Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

