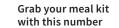


# Cheesy BBQ Chicken & Corn Pizza with Fresh Dough & Caramelised Onion

TAKEAWAY FAVES









Pizza Dough





Sweetcorn

Diced Chicken



All-American



**BBQ Sauce** 

Spice Blend

Shredded Cheddar Cheese







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

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!



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  $\cdot$  Rolling pin  $\cdot$  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	1/2	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

<sup>\*</sup>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.



# Caramelise 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.



### 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.



# 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.



# 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.



# Serve up

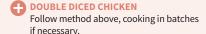
• Slice cheesy BBQ chicken and corn pizza. Divide between plates to serve. Enjoy!







Cook bacon, breaking up with a spoon, 4-6 minutes.



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

