



### In your box

- 8 oz. Cauliflower Florets
- 3 oz. Ricotta
- 4 Garlic Cloves
- 2 tsp. BBQ Spice Rub
- ½ fl. oz. Red Wine Vinegar
- 1 ½ oz. BBQ Sauce
- 2 oz. Shredded Cheddar Cheese
- 1 Shallot
- 4 Mini Naan Flatbreads

### Customize It Options

- 12 oz. Impossible Burger
- 12 oz. Diced Boneless Skinless Chicken Breasts

### You will need

- Olive Oil, Salt
- 2 Baking Sheets, Mixing Bowl, Microwave-Safe Bowl

### Minimum Internal Protein Temperature

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Classic Meal Kit



## Cheesy BBQ Cauliflower Mini Flatbreads

with pickled shallots

NUTRITION per serving—Calories: 669, Carbohydrates: 76g, Sugar: 22g, Fiber: 5g, Protein: 22g, Sodium: 1811mg, Fat: 30g, Saturated Fat: 12g  
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

**30-40 min.**

Cook Within

**7 days**

Difficulty Level

**Easy**

Spice Level

**Not Spicy**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray
- Prepare another baking sheet with foil



### 1. Prepare the Ingredients

- Cut **cauliflower** into bite-sized pieces.
- Peel and thinly slice **shallot**.



### 2. Roast the Vegetables

- Place **cauliflower** on prepared baking sheet with **cooking spray** and toss with 1 Tbsp. **olive oil**, **seasoning rub**, and a pinch of **salt**. Massage oil, seasoning rub, and salt into cauliflower. Spread into a single layer.
- Place **garlic** on a piece of foil and top with 1 tsp. **olive oil**. Form a foil pouch around garlic. Place directly on oven rack, opening side up.
- Roast cauliflower and garlic in hot oven until tender, 16-20 minutes.
- While vegetables roast, par-bake flatbread.

### Customize It Instructions

- Meatlovers! If adding protein, season with a pinch of **salt** and **pepper** and cook with 1 tsp. **olive oil** in a large non-stick pan over medium-high heat. If using **diced chicken breasts**, stir occasionally until chicken reaches minimum internal temperature, 5-7 minutes. If using **Impossible burger**, break up burger until heated through, 4-6 minutes. Add to flatbreads as desired.



### 3. Par-Bake Flatbreads and Pickle Shallot

- Place **flatbreads** directly on oven rack and bake in hot oven until lightly browned, 6-8 minutes.
- While flatbreads par-bake, combine **shallot** and **vinegar** in a microwave-safe bowl. Microwave until shallot is tender, 30-60 seconds.
- Carefully remove from microwave. Set aside.



### 4. Bake the Flatbreads

- Carefully remove baking sheet and **garlic** from oven. Transfer garlic to a mixing bowl and add **ricotta** and a pinch of **salt**. Mash until combined.
- Place **flatbreads** on a clean work surface. Spread ricotta mixture evenly on flatbreads and top with **cauliflower** and **cheese**.
- Place flatbreads directly on oven rack, with second prepared baking sheet below to catch any drips. Bake again in hot oven until cheese has melted, 3-4 minutes.



### 5. Finish the Dish

- Plate dish as pictured on front of card, topping **flatbreads** with **BBQ sauce** and **pickled shallot**. Bon appétit!