



# Homemade Mushroom & Sweet Onion Pizza

with Fresh Dough, Cheddar Cheese & Baby Leaves

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Pizza Dough



Onion



Button Mushrooms



Courgette



Tomato Paste



Garlic & Herb Seasoning



Shredded Cheddar Cheese



Baby Leaves



Chicken Breast

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

Eat Me Early\*  
\*Custom Recipe only

Whip up a simple yet satisfying pizza with a combination of tasty ingredients. Caramelised onions plus stringy Cheddar cheese bring the flavour, while the courgette and baby leaves add essential greens. Enjoy this easy slice of life!

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

### Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Butter

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

**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
<b>olive oil*</b>	refer to method	refer to method
pizza dough	1 packet	2 packets
onion	½	1
button mushrooms	1 medium packet	2 medium packets
courgette	1	2
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
tomato paste	1 packet	2 packets
garlic & herb seasoning	½ medium sachet	1 medium sachet
<b>butter*</b>	20g	40g
<b>water*</b>	¼ cup	½ cup
shredded Cheddar cheese	2 large packets	4 large packets
baby leaves	1 small packet	1 medium packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2931kJ (701Cal)	413kJ (99Cal)
Protein (g)	42.6g	6g
Fat, total (g)	44.5g	6.3g
- saturated (g)	24.6g	3.5g
Carbohydrate (g)	128.2g	18g
- sugars (g)	12.8g	1.8g
Sodium (mg)	1218mg	171mg
Dietary Fibre (g)	13.2g	1.9g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3702kJ (885Cal)	417kJ (100Cal)
Protein (g)	81.6g	9.2g
Fat, total (g)	47.8g	5.4g
- saturated (g)	25.6g	2.9g
Carbohydrate (g)	129.2g	14.5g
- sugars (g)	12.9g	1.5g
Sodium (mg)	1353mg	152mg
Dietary fibre	13.2g	1.5g

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](https://www.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 | CW23



## Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Halve each ball of **pizza dough** and set aside to rest for a minimum of **1 hour** or until dough has doubled in size.
- Thinly slice **onion** (see ingredients) and **button mushrooms**. Using a vegetable peeler, slice **courgette** into ribbons.

**TIP:** *The resting time helps make the dough easier to work with plus improves the pizza base texture. Rest for minimum 1 hour.*

**Custom Recipe:** If you've added chicken breast, cut into 2cm chunks.



## Prep the dough

- Meanwhile, 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.
- Wipe out the frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **tomato paste**, **garlic & herb seasoning** (see ingredients) and the **butter** until fragrant, **1 minute**.
- Add the **water**, then stir to combine and simmer until slightly thickened, **1 minute**. Season to taste.

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



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **mushrooms** and **courgette** until browned and softened, **5-7 minutes**.
- Season with **salt** and **pepper**, then transfer to a bowl.

**Custom Recipe:** After cooking veggies, return frying pan to high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned, 2-3 minutes (it'll finish cooking through in the oven!). Transfer to a bowl.



## Bake the pizzas

- Transfer **pizza bases** to a lined oven tray (divide between two trays if your bases are overlapping). Top bases with **tomato sauce**, **mushroom** and **courgette** and sprinkle over **shredded Cheddar cheese**.
- Bake **pizzas** until golden and cooked through, **15-20 minutes**.

**Custom Recipe:** Top pizzas with browned chicken before cooking.



## Caramelize the onion

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar**, **brown sugar** and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a bowl.



## Serve up

- In a medium bowl, combine **baby leaves**, a drizzle of **balsamic vinegar** and **olive oil**. Season with salt and pepper.
- Top the pizzas with caramelised onion and baby leaves, then slice.
- Divide between plates. Enjoy!

## Rate your recipe

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