



DOUBLE CHEESE & PESTO PIZZA

with Courgette & Caramelised Onion



Add pesto to a pizza



Courgette



Red Onion



Cheddar Cheese



Pizza Bases



Pizza Sauce



Feta



Traditional Pesto (Vegetarian)



Rocket Leaves



Hands-on: 20 mins

Ready in: 25 mins

This pizza combines fresh ingredients for a flavourful veggie pizza. It's pizza as Italians know it should be – simple, respectful of the ingredients and absolutely delicious.

Pantry Staples: Olive Oil, Balsamic Vinegar, Brown Sugar, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium frying pan**



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced** (remove a wire rack first). Peel the **courgette** into thin ribbons using a vegetable peeler. Thinly slice the **red onion**. Grate the **Cheddar cheese**.



2 ASSEMBLE THE PIZZAS

Place the **pizza bases** on the wire rack, rough-side down, and use the back of a spoon to spread evenly with the **pizza sauce**. Top the pizza with the **courgette** ribbons. Crumble over the **feta** (see ingredients list) and sprinkle with the grated **Cheddar cheese**.



3 BAKE THE PIZZAS

Bake the pizzas on the rack for **10 minutes**, or until the cheese is melted slightly and the base is crisp. **TIP:** *Placing the pizzas directly on the wire rack helps the base to crisp up.*



4 CARAMELISE THE ONIONS

While the pizza is baking, heat a **drizzle** of **olive oil** in a medium frying pan over a medium heat. Add the **onion** and cook, stirring, for **5-6 minutes**, or until softened. Add the **balsamic vinegar**, the **water** and **brown sugar** and stir to combine. Cook for a further **3-5 minutes** or until dark and sticky.



5 FINISH THE PIZZA

Once the pizza is done, top with the **traditional pesto** and caramelised **onions**.



6 SERVE UP

Top the pizzas with the rocket leaves and slice into pieces. **TIP:** *Serve 1/2 the rocket leaves on the side, with a drizzle of balsamic vinegar and olive oil if you prefer!*

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
courgette	1	2
red onion	1	2
Cheddar cheese	1 block (50 g)	1 block (100 g)
pizza bases	2	4
pizza sauce	1 sachet (150 g)	2 sachets (300 g)
feta	2 blocks (100 g)	4 blocks (200 g)
balsamic vinegar*	1 tbs	2 tbs
water*	2 tsp	1 tbs
brown sugar*	1 ½ tsp	3 tsp
traditional pesto (vegetarian)	1 tub (75 g)	1 tub (150 g)
rocket leaves	1 bag (30 g)	1 bag (60 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	4300kJ (1030Cal)	676kJ (161Cal)
Protein (g)	40.7g	6.4g
Fat, total (g)	45.5g	7.1g
- saturated (g)	16.7g	2.6g
Carbohydrate (g)	109g	17.0g
- sugars (g)	21.1g	3.3g
Sodium (g)	2360mg	370mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
Hello@HelloFresh.co.nz

2019 | WK6

HelloFRESH