



Cherry Tomato & Portabello Mushroom Pizza

with Caramelised Onion, Double Cheese & Rocket

Grab your Meal Kit with this symbol



Red Onion



Garlic



Portabello Mushrooms



Tinned Cherry Tomatoes



Vegetable Stock Powder



Italian Herbs



Pizza Bases



Shredded Cheddar Cheese



Greek Salad Cheese/
Feta Cheese



Rocket Leaves

Hands-on: **20-30 mins**
 Ready in: **30-40 mins**

Calorie Smart

Forget the excessively saucy, topping-heavy pizzas of your past; here's a simple pizza that will impress the whole family's eyes (and tastebuds). Here, quality ingredients like meaty mushrooms, tinned cherry tomatoes and crumbly Greek-style cheese ensure each bite packs a punch of flavour for no ordinary weeknight dinner.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Butter, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1 (medium)	1 (large)
balsamic vinegar*	1 tbs	2 tbs
water*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
garlic	2 cloves	4 cloves
portabello mushrooms	1 packet	1 packet
tinned cherry tomatoes	½ tin	1 tin
vegetable stock powder	1 medium sachet	1 large sachet
butter*	10g	20g
Italian herbs	1 sachet	1 sachet
pizza bases	2	4
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
Greek salad cheese/ feta cheese	1 packet (50g)	1 packet (100g)
rocket leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2327kJ (556Cal)	534kJ (128Cal)
Protein (g)	23.2g	5.3g
Fat, total (g)	21.2g	4.9g
- saturated (g)	12.5g	2.9g
Carbohydrate (g)	62.6g	14.4g
- sugars (g)	9.1g	2.1g
Sodium (mg)	1384mg	317mg

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.



Caramelize the onion

Preheat the oven to **220°C/200°C fan-forced**. Thinly slice the **red onion**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion**, stirring, until softened, **5-6 minutes**. Reduce the heat to medium. Add the **balsamic vinegar**, **water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



Bake the pizzas

Carefully remove the wire rack from the oven and place the **pizza bases** directly on the rack, rough side down. Using the back of a spoon, spread the **pizza sauce** evenly over the bases. Sprinkle with the **shredded Cheddar cheese**. Top with the **cherry tomatoes** and **mushrooms**. Crumble over the **Greek salad cheese/feta cheese**. Bake the **pizzas** on the oven rack until the cheese is melted and golden, **10-12 minutes**.

TIP: Baking the pizzas directly on the wire rack helps the base to crisp up.



Get prepped

While the onion is cooking, finely chop the **garlic**. Thinly slice the **portabello mushrooms**. Drain the **tinned cherry tomatoes** (see ingredients), reserving the **tomato sauce** in a separate bowl. Lightly crush the **cherry tomatoes**. In a medium bowl, add the sliced **mushrooms**, **vegetable stock powder**, a drizzle of **olive oil** and a pinch **pepper**. Toss to coat and set aside.



Dress the rocket

When the pizzas have **2 minutes** cook time remaining, combine the **rocket leaves** and a drizzle of **white wine vinegar** and **olive oil** in a medium bowl. Season to taste. Toss to coat.



Make the pizza sauce

Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **garlic** until fragrant, **1 minute**. Add the reserved **tomato sauce**, the **butter** and **Italian herbs** and cook until fragrant, **30 seconds**. Season with **salt** and **pepper** and set aside.



Serve up

Cut the cherry tomato and portabello pizzas into even slices, then divide between plates. Top with the caramelised onion and dressed rocket to serve.

Enjoy!