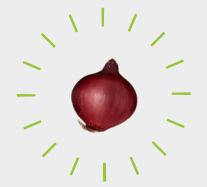




GOAT CHEESE & CARMELISED ONION PIZZA

with Courgette & Rocket



Make caramelised onions



Red Onion



Courgette



Pizza Bases



Pizza Sauce



Dried Oregano



Goat Cheese



Rocket Leaves

Hands-on: **15 mins**
Ready in: **30mins**

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

Pantry Staples: Olive Oil, Balsamic Vinegar, Brown Sugar

BEFORE YOU START

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

- **large frying pan**



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced** (remove two wire racks first). Thinly slice the **red onion**. Peel the **courgette** into thin ribbons using a vegetable peeler. In a medium bowl, toss the courgette ribbons in a little **olive oil**.



2 CAMELISE THE ONIONS

In a large frying pan, heat a **drizzle** of **olive oil** over a medium heat. Add the **onion** and cook, stirring, for **5-6 minutes**, or until softened. Add the **balsamic vinegar**, **water** and **brown sugar** and stir to combine. Cook for a further **3-5 minutes** or until dark and sticky. Season with **salt** and **pepper**.



3 SPREAD THE PIZZA SAUCE

Place the **pizza bases** on the wire racks, rough-side down, and use the back of a spoon to spread evenly with the **pizza sauce**.



4 TOP THE PIZZAS

Sprinkle over the **dried oregano** (see **ingredients list**) and top evenly with the **caramelised onions**, **courgette** ribbons and **goat cheese**.



5 BAKE THE PIZZAS

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



6 SERVE UP

Season the pizzas with a good grind of black pepper and slice. Top with the **rocket leaves** and drizzle with olive oil if you like.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	2	4
courgette	1	2
balsamic vinegar*	2 ½ tbs	½ cup
water*	4 tsp	2 ½ tbs
brown sugar*	1 tbs	2 tbs
pizza bases	2	4
pizza sauce	1 sachet (150 g)	2 sachets (300 g)
dried oregano	½ sachet	1 sachet
goat cheese	1 packet	2 packets
rocket leaves	1 bag (60 g)	1 bag (120 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2780kJ (664Cal)	434kJ (104Cal)
Protein (g)	26.8g	4.2g
Fat, total (g)	17.8g	2.8g
- saturated (g)	7.3g	1.1g
Carbohydrate (g)	97.0g	15.2g
- sugars (g)	22.9g	3.6g
Sodium (g)	1180mg	184mg

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
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