

# Middle Eastern Beef & Veggie Pizza

with Garlic Yoghurt & Rocket

Grab your Meal Kit  
with this symbol



Garlic



Carrot



Beef Mince



Tomato Paste



Chermoula Spice  
Blend



Baby Spinach  
Leaves



Pizza Bases



Shredded  
Cheddar Cheese



Greek-Style  
Yoghurt



Spinach & Rocket  
Mix

 Hands-on: **15-25 mins**  
Ready in: **30-40 mins**

Roll up to a guaranteed favourite dinner with these speedy beef pizzas, infused with mild Middle Eastern spices. With peppery rocket and a creamy yoghurt sauce smattered on top, these are a game changer!

### Pantry items

Olive Oil, 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
garlic	3 cloves	6 cloves
carrot	1	2
beef mince	1 small packet	1 medium packet
tomato paste	1 packet	2 packets
chermoula spice blend	1 sachet	1 sachet
water*	½ cup	¾ cup
baby spinach leaves	1 bag (120g)	2 bags (240g)
pizza bases	2 bases	4 bases
shredded Cheddar cheese	1 packet (100g)	2 packets (200g)
Greek-style yoghurt	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
spinach & rocket mix	1 bag (30g)	1 bag (60g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3177kJ (759Cal)	604kJ (144Cal)
Protein (g)	55g	10.5g
Fat, total (g)	28.8g	5.5g
- saturated (g)	15.1g	2.9g
Carbohydrate (g)	71.1g	13.5g
- sugars (g)	13.2g	2.5g
Sodium (mg)	2000mg	380mg

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://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic**. Grate the **carrot**.



## Bake the pizzas

Place the **pizzas** directly on a wire rack in the oven and bake until the cheese is melted and golden, **10-12 minutes**.

**TIP:** *Placing the pizzas directly onto the wire racks helps the base to crisp up.*



## Cook the pizza topping

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **beef mince** and 1/2 the **garlic**, breaking the mince up with a spoon, until just browned, **3-4 minutes**. Add the **carrot** and cook, stirring, until softened, **2-3 minutes**. Add the **tomato paste** and **chermoula spice blend** and cook until fragrant, **1 minute**. Add the **water** and **baby spinach leaves** and cook until wilted, **1-2 minutes**. Season to taste.



## Make the garlic yoghurt

While the pizzas are baking, wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the remaining **garlic** until fragrant, **1 minute**. Transfer the **garlic oil mixture** to a small bowl, then add the **Greek-style yoghurt** and a drizzle of **white wine vinegar**. Stir to combine and season to taste.



## Prep the pizzas

Lay the **pizza bases** on a flat surface, rough-side down. Spoon over the **beef mince mixture** and spread evenly. Sprinkle over the **shredded Cheddar cheese**.



## Serve up

In a medium bowl, combine the **spinach & rocket mix** with a drizzle of white wine vinegar and olive oil. Slice the pizzas. Divide the Middle-Eastern beef and veggie pizza between plates. Spoon over the garlic yoghurt. Top with the dressed spinach and rocket.

Enjoy!