



Roasted Pumpkin & Double Cheese Pizza

with Caramelised Onion & Rocket-Pear Salad

Grab your Meal Kit with this symbol



Courgette



Peeled & Chopped Pumpkin



Red Onion



Pizza Bases



Pizza Sauce



Shredded Cheddar Cheese



Pear



Rocket Leaves



Greek Salad Cheese/
Feta Cheese

 Hands-on: **15-25 mins**
Ready in: **35-45 mins**

This pizza combines bright, roasted veggies and two types of cheese for a flavourful vegetarian 'Za'. It might not be pizza as Italians know it, but it sure does hit the spot.

Pantry items

Olive Oil, Balsamic Vinegar,
Brown Sugar

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
courgette	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
salt*	¼ tsp	½ tsp
red onion	1 (medium)	1 (large)
balsamic vinegar* (for the onion)	1 tbs	2 tbs
water*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
pizza bases	2	4
pizza sauce	1 sachet (140g)	2 sachets (280g)
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
pear	1	2
rocket leaves	1 bag (60g)	1 bag (120g)
balsamic vinegar* (for the salad)	½ tbs	1 tbs
Greek salad cheese/ feta cheese	1 block (25g)	1 block (50g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2616kJ (625Cal)	443kJ (105Cal)
Protein (g)	24.3g	4.1g
Fat, total (g)	20.7g	3.5g
- saturated (g)	8.7g	1.5g
Carbohydrate (g)	81.8g	13.9g
- sugars (g)	25.1g	4.3g
Sodium (mg)	1486mg	252mg

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.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Thinly slice the **courgette** into 1cm rounds. Place the **courgette, peeled & chopped pumpkin**, the **salt** and a drizzle of **olive oil** on an oven tray lined with baking paper. Season with **pepper**. Toss to coat, then spread in a single layer. Roast until just tender, **15-20 minutes**.



Bake the pizzas

Top the **pizzas** evenly with the roasted **pumpkin, courgette** and the caramelised **onion**, then sprinkle with the **shredded Cheddar cheese**. Place the **pizzas** directly onto the wire oven racks 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.



Caramelize the onion

While the veggies are roasting, thinly slice the **red onion**. In a large frying pan, heat a drizzle of **olive oil** over a medium heat. Cook the **onion**, stirring, until softened, **5-6 minutes**. Add the **balsamic vinegar (for the onion), water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**.



Make the salad

While the pizzas are baking, thinly slice the **pear**. In a medium bowl, combine the **pear, rocket leaves, balsamic vinegar (for the salad)** and a drizzle of **olive oil**. Toss to coat, then season with **salt** and **pepper**.



Prep the pizzas

Lay the **pizza bases** on a flat surface, rough side down. Spread the **pizza sauce** evenly across the **pizza bases** using the back of a spoon.



Serve up

Crumble the **Greek salad cheese/feta cheese** over the pizzas. Cut the pizzas into slices and divide between plates. Serve with the rocket and pear salad.

TIP: Garnish your pizzas with a little of the salad if you like!

Enjoy!