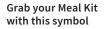


# Roasted Pumpkin & Double Cheese Pizza with Caramelised Onion & Rocket-Pear Salad









Pumpkin



**Red Onion** 







Pizza Bases





Cheddar Cheese

**Rocket Leaves** 



Greek Salad Cheese/



#### 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

| 3                                     |                    |                     |
|---------------------------------------|--------------------|---------------------|
|                                       | 2 People           | 4 People            |
| olive oil*                            | refer to method    | refer to method     |
| courgette                             | 1                  | 2                   |
| peeled &<br>chopped<br>pumpkin        | 1 packet<br>(200g) | 1 packet<br>(400g)  |
| salt*                                 | 1/4 tsp            | ½ tsp               |
| red onion                             | 1 (medium)         | 1 (large)           |
| balsamic vinegar*<br>(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<br>(140g) | 2 sachets<br>(280g) |
| shredded<br>Cheddar cheese            | 1 packet<br>(50g)  | 1 packet<br>(100g)  |
| pear                                  | 1                  | 2                   |
| rocket leaves                         | 1 bag<br>(60g)     | 1 bag<br>(120g)     |
| balsamic vinegar*<br>(for the salad)  | ½ tbs              | 1 tbs               |
| Greek salad<br>cheese/<br>feta cheese | 1 block<br>(25g)   | 1 block<br>(50g)    |
| *                                     |                    |                     |

<sup>\*</sup>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.



#### Caramelise 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**.



# 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.



# 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.



# 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**.



# 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!