



Everything  
But The Chef

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WK52  
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## Summertime Chilli Prawn Pizza

Prawns and December go together like surf and speedos (that is to say, they're a match made in heaven). A speedy pizza that is in and out of the oven in 10 minutes, they're also a bit of a detox for hours spent slaving in the kitchen. This chilli oil is a wonderful addition to any meal – hot without overpowering the subtle flavour of the prawns. Yep, we're pretty proud of this one. We hope you like it too!

**Prep:** 10 mins  
**Cook:** 15 mins  
**Total:** 25 mins

level 1  
 high protein  
 spicy  
 seafood first

### Pantry Items



Olive Oil



Prawns



Garlic



Pizza Base



Tomato Paste



Tomato



Red Onion



Oregano



Fetta Cheese



Birdseye Chilli



Rocket Leaves

2P	4P	Ingredients
200 g	400 g	prawns, rinsed
1 clove	2 cloves	garlic, peeled & crushed
2	4	pizza bases
2 sachets	4 sachets	tomato paste (packed with the pizza bases)
2	4	tomatoes, sliced
½	1	red onion, finely sliced
½ bunch	1 bunch	oregano, leaves picked
½ block	1 block	fetta cheese, crumbled
1 ½ tbs	3 tbs	olive oil *
1	2	birdseye chilli, finely chopped
1 bag	2 bags	rocket leaves, washed

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	3290	Kj
Protein	48.1	g
Fat, total	19.8	g
-saturated	6.8	g
Carbohydrate	97.9	g
-sugars	13	g
Sodium	1720	mg

#### Measuretool

0 cm	1 cm	2 cm



**You will need:** *chef's knife, chopping board, paper towel, and a medium frying pan.*

- 1 Preheat the oven to **220°C/200°C fan-forced**.
- 2 Heat a splash of olive oil in a medium frying pan. Add the **prawns** and the **garlic** and cook for **1-2 minutes**, or until the prawns just change colour (they will cook further in the oven). Wipe the pan clean.
- 3 Place the **pizza bases** on a flat surface, rough side down, and spread each base evenly with the **tomato paste**. Top with the **tomato, red onion, oregano, prawns and fetta cheese**. Season with **salt and pepper**.
- 4 Place the pizzas in the oven directly on to the wire racks. Cook for **10 minutes** or until the bases are crispy.
- 5 In the same frying pan, heat the **olive oil** and the **birdseye chilli**. Cook for **1 minute** or until the chilli has flavoured the oil. Remove from the heat.
- 6 To serve, drizzle the pizzas with the chilli oil and top with the fresh **rocket leaves**.

**Did you know?** Over 400 varieties of chilli are grown around the world - but this birdseye chilli is up there with our favourites!