



Everything But The Chef

hello@hellofresh.com.au | 02 81 889 722

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Summertime Veggie Pizza

There's something about pizza in the summertime that is irresistible. Sure, it might be hot outside, but there's always room for a slice of pizza hot out of the oven. In and out of the oven and ready to eat within 10 minutes – the perfect detox meal from hours spent slaving in the kitchen whipping up your Christmas spread. Enjoy this one outside, preferably pool side with a cool drink in hand.

- Prep:** 10 mins
- Cook:** 10 mins
- Total:** 20 mins
- level 1**
- high fibre**
- high protein**
- spicy**

Pantry Items



Olive Oil



Pizza Base



Tomato Paste



Tomato



Red Onion



Mushrooms



Zucchini



Oregano



Fetta Cheese



Birdseye Chilli



Garlic

2P	4P	Ingredients
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
1 punnet	2 punnets	mushrooms, sliced
1	2	zucchini, peeled into ribbons
1 bunch	2 bunches	oregano, leaves picked
½ block	1 block	fetta cheese, crumbled
1 ½ tbs	3 tbs	olive oil *
1	2	birdseye chilli, finely chopped
1 clove	2 cloves	garlic, peeled & sliced

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	3060	Kj
Protein	31.6	g
Fat, total	19.6	g
-saturated	6.7	g
Carbohydrate	99.3	g
-sugars	14.6	g
Sodium	1370	mg

Measuretool

0 cm	1 cm	2 cm



You will need: *chef's knife, chopping bowl, vegetable peeler, small saucepan, and a small bowl or jug.*

- 1 Preheat the oven to **220°C/200°C fan-forced**.
- 2 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, mushroom, zucchini, oregano** and **fetta cheese**. Season with **salt and pepper**.
- 3 Place the pizza into the oven directly on to the wire racks. Cook for **10 minutes** or until the bases are crispy.
- 4 Heat the **olive oil** in a small saucepan over a medium heat. Add the **birdseye chilli** and **garlic** and cook for **1-2 minutes** or until fragrant (watch that the garlic doesn't burn). Remove from the heat.
- 5 To serve, drizzle the pizza with the chilli garlic oil and cut into slices.



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