



Roast Veggie Flatbread Pizza Bianca

with Spinach & Rocket Salad

CLIMATE SUPERSTAR

Grab your meal kit with this number

43



Zucchini



Red Onion



Snacking Tomatoes



Garlic



Light Cooking Cream



Parmesan Cheese



Flatbread



Baby Spinach Leaves



Cheddar Cheese



Spinach Rocket & Fennel Mix



Balsamic Vinaigrette Dressing



Diced Bacon



Cheddar Cheese

Prep in: 15-25 mins
Ready in: 25-35 mins

Pizza bianca or "white pizza" in Italian, is essentially pizza with no tomato sauce. Our version is topped with a combo of cheeses and a handful of ingredients that are so naturally tasty, you won't even miss the red sauce.

Pantry items

Olive Oil, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
zucchini	1	2
red onion	1	2
snacking tomatoes	1 medium packet	2 medium packets
garlic	2 cloves	4 cloves
butter*	15g	30g
light cooking cream	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet
flatbread	4	8
baby spinach leaves	1 small packet	1 medium packet
Cheddar cheese	1 large packet	2 large packets
spinach, rocket & fennel mix	1 small packet	1 medium packet
balsamic vinaigrette dressing	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2757kJ (659cal)	260kJ (62cal)
Protein (g)	21.9g	2.1g
Fat, total (g)	40.5g	3.8g
- saturated (g)	20.2g	1.9g
Carbohydrate (g)	51.1g	4.8g
- sugars (g)	15.8g	1.5g
Sodium (mg)	844mg	79.5mg
Dietary Fibre (g)	8.3g	0.8g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Thinly slice **zucchini** and **red onion** into rounds. Halve **snacking tomatoes**.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until just tender, **15 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

3



Bake the pizzas & toss the salad

- Lay **flatbreads** on a flat surface.
- Spread **white sauce** over the flatbreads with the back of a spoon. Top evenly with **roasted veggies** and **baby spinach leaves**. Sprinkle with **Cheddar cheese**.
- Transfer **pizzas** to wire oven racks. Bake until cheese is melted and golden, **12-15 minutes**.
- Just before serving, combine **spinach, rocket & fennel mix** and **balsamic vinaigrette dressing** in a medium bowl. Season, then toss to coat.

TIP: Place an oven tray on the rack below the pizzas to catch any drips!

2



Make the sauce

- Meanwhile, finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** with the **butter** over medium-high heat. Cook **garlic** until fragrant, **1 minute**.
- Add **light cooking cream** and **Parmesan cheese** and cook until slightly thickened, **2-3 minutes**.
- Season to taste with **salt** and **pepper**, then remove from heat and set aside.

4



Serve up

- Season the roast veggie flatbread pizza bianca with pepper, then divide between plates.
- Serve with spinach and rocket salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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CUSTOM OPTIONS



ADD DICED BACON

Cook, breaking up with a spoon, 4-6 minutes. Sprinkle over salad to serve.



DOUBLE CHEDDAR CHEESE

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

