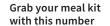


# Roast Veggie Flatbread Pizza Bianca with Spinach & Rocket Salad

CLIMATE SUPERSTAR











**Snacking Tomatoes** 



**Light Cooking** 



Parmesan Cheese





Flatbread

**Baby Spinach** 



Cheddar Cheese



Spinach Rocket & Fennel Mix



Balsamic Vinaigrette Dressing





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

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	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	

<sup>\*</sup>Pantry Items

#### **Nutrition**

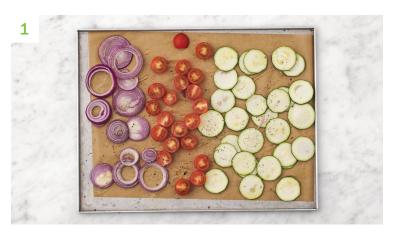
Avg Qty	Per Serving	Per 100g
Energy (kJ)	2757kJ (659cal)	260kJ (62cal)
Protein (g)	21.9g	2.1g
Fat, total (g)	40.5g	3.8g
- saturated (g)	20.2g	1.9g
Carbohydrate (g)	51.1g	4.8g
- sugars (g)	15.8g	1.5g
Sodium (mg)	844mg	79.5mg
Dietary Fibre (g)	8.3g	0.8g

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.



## 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.



# 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!



#### 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.



## Serve up

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







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

