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## Beef & Caramelised Onion Pizza with Wilted Baby Spinach

Between the richness of these sticky sweet caramelised onions, spiced beef and delicious gooey mozzarella, it's easy to forget that these wholemeal pizza bases are actually really good for you. Now we've reminded you though... dig in!



**Prep:** 10 mins

**Cook:** 25 mins

**Total:** 35 mins



level 1



nut free



helping hands

### Pantry Items



Olive Oil



Brown Sugar



Balsamic Vinegar



Warm Water



Red Onion



Beef Mince



Garlic



Cumin



Baby Spinach



Wholemeal Pizza Bases



Tomato Paste



Zucchini



Mozzarella

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QTY	Ingredients	
1 tbs	olive oil *	
2	red onions, finely sliced	
1 ½tbs	brown sugar *	
1 tbs	balsamic vinegar *	
1 tbs	warm water *	
1 packet	beef mince	
2 cloves	garlic, peeled & crushed	⊕
1 sachet	cumin (recommended amount)	
½ bag	baby spinach, washed	⊕
3	wholemeal pizza bases	
3 sachets	tomato paste (packed with the pizza bases)	
1	zucchini, peeled into ribbons	⊕
1 block	mozzarella, grated	

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	3320	Kj
Protein	53.6	g
Fat, total	24.7	g
-saturated	9.8	g
Carbohydrate	80.2	g
-sugars	16.8	g
Sodium	1240	mg

2a



**You will need:** *chef's knife, chopping board, garlic crusher, vegetable peeler, box grater, medium saucepan, wooden spoon, large frying pan and spoon.*

**1** Preheat the oven to 220°C/200°C fan-forced.

**2** Heat half of the **olive oil** in medium saucepan over a medium-high heat. Add the **red onion** and cook for **5 minutes**, or until softened and collapsed. Stir through the **brown sugar**, **balsamic vinegar** and **warm water** and reduce the heat to low. Simmer, stirring occasionally, for a further **10 minutes**, or until the mixture becomes sticky. Set aside until ready to use.

2b



**3** Meanwhile, heat the remaining the olive oil in a large frying pan over a medium-high heat. Cook the **beef mince** for **4-5 minutes**, breaking it up with a wooden spoon, or until browned. Stir through the **garlic** and **cumin** for **1 minute**, or until fragrant. Add the **baby spinach** and cook for **2-3 minutes**, stirring, until the spinach has wilted. Season to taste with **salt** and **pepper**. Remove the pan from the heat.

3



**4** Lay the **wholemeal pizza bases**, rough side down, on a flat surface. Use a spoon to spread the pizza bases with **tomato paste**, then top with the cooked mince and spinach mixture, **zucchini ribbons**, caramelised onions and grated **mozzarella**. Place the pizzas directly onto the wire racks in the oven and cook for **10 minutes**, or until the base is slightly crispy and the cheese has melted.

4



**5** To serve, cut the pizza into slices and dig in!

**Did you know?** In the Middle Ages it was believed that cumin kept chickens and lovers from running away!