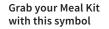


Cheddar, Fetta & Pumpkin Pizza

with Pesto & Caramelised Onion









Peeled & Chopped



Pumpkin



Pizza Bases





Spinach & Rocket





Basil Pesto





Pizza Sauce



Shredded Cheddar Cheese



Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

Prep in: 20-30 mins Ready in: 25-35 mins



This vibrant veggie pizza is made the Italian way, paying respect to the ingredients and proving that less can often mean more.

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and

You will need

Oven tray lined with baking paper · Wire oven rack · Medium frying pan

Ingredients

ingi calcino				
	2 People	4 People		
olive oil*	refer to method	refer to method		
peeled & chopped pumpkin	1 small bag	1 medium bag		
red onion	1	2		
pizza bases	2	4		
pizza sauce	1 packet	2 packets		
shredded Cheddar cheese	1 large packet	2 large packets		
fetta cubes	1 medium packet	1 large packet		
balsamic vinegar* (for the onion)	1 tbs	2 tbs		
brown sugar*	1 tsp	2 tsp		
spinach & rocket mix	1 small bag	1 medium bag		
balsamic vinegar* (for the dressing)	drizzle	drizzle		
basil pesto	1 medium packet	1 large packet		
prawns**	1 packet (200g)	2 packets (400g)		

*Pantry Items ** Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5146kJ (1230Cal)	828kJ (198Cal)
Protein (g)	44.6g	7.2g
Fat, total (g)	46.6g	7.5g
- saturated (g)	18.3g	2.9g
Carbohydrate (g)	152.4g	24.5g
- sugars (g)	16g	2.6g
Sodium (mg)	2423mg	390mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5496kJ (1314Cal)	761kJ (182Cal)
Protein (g)	58.3g	8.1g
Fat, total (g)	47.1g	6.5g
- saturated (g)	18.5g	2.6g
Carbohydrate (g)	152.4g	21.1g
- sugars (g)	16g	2.2g
Sodium (mg)	3075mg	426mg

The quantities provided above are averages only.

Allergens

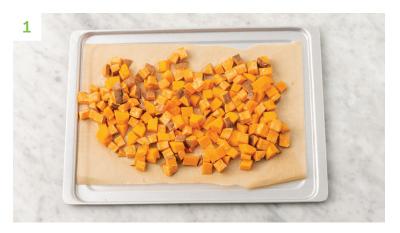
Always read product labels for the most up-to-date allergen information.

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

We're here to help!

Scan here if you have any questions or concerns





Get prepped

- Preheat oven to 220°C/200°C fan-forced.
- Place peeled & chopped pumpkin on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Roast until just softened, 15-20 minutes.
- Thinly slice **red onion**. Set aside.

Custom Recipe: If you've added prawns, heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes.



Caramelise the onion & dress the greens

- While the pizzas are baking, heat a medium frying pan over medium heat with a drizzle of olive oil.
- Cook **onion**, stirring regularly, until softened, **5-6 minutes**. Reduce heat to medium. Add the balsamic vinegar (for the onion), the brown sugar and a dash of water. Mix well. Cook until dark and sticky, 3-5 minutes.
- Meanwhile, combine spinach & rocket mix with a drizzle of olive oil and balsamic vinegar (for the dressing) in a medium bowl. Season, then toss to coat.



Assemble & bake the pizzas

- When the pumpkin is ready, lay **pizza bases** on a flat surface, rough-side
- Spread the **bases** evenly with **pizza sauce** using the back of a spoon.
- Sprinkle evenly with **shredded Cheddar cheese**, then top with roast pumpkin. Crumble over fetta cubes, then drizzle with olive oil.
- Bake **pizzas** directly on an oven wire rack until cheese is melted and golden, **10-12 minutes** (use two wire racks if your pizzas don't fit).

TIP: Baking the pizzas directly on the wire rack helps the bases crisp up!

Custom Recipe: Top pizzas with prawns along with the pumpkin.



Serve up

- Top pizzas with **basil pesto**, caramelised onion and greens.
- Slice Cheddar, fetta and basil pesto pizzas.
- Divide between plates to serve. Enjoy!



We need your expertise!

