

Cheddar, Fetta & Pumpkin Pizza

with Pesto & Caramelised Onion

Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



Red Onion



Pizza Bases



Spinach & Rocket Mix



Basil Pesto



Fetta Cubes



Pizza Sauce



Shredded Cheddar Cheese



Prawns

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

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

Eat Me First*
*Custom Recipe only

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

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

Before you start

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

You'll also need to give your fruit and veggies a wash.

You will need

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

Ingredients

| | 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



2022 | CW24

1



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.

3



Caramelize 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.

2



Assemble & bake the pizzas

- When the pumpkin is ready, lay **pizza bases** on a flat surface, rough-side down.
- 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.

4



Serve up

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

Rate your recipe

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