



Cherry Tomato Pizza Bianca

with Pesto & Pear-Rocket Salad

Grab your Meal Kit with this symbol



Cherry/ Snacking Tomatoes



Red Onion



Garlic



Pizza Bases



Pear



Cucumber



Rocket Leaves



Light Cooking Cream



Grated Parmesan Cheese



Shredded Cheddar Cheese



Basil Pesto



Chicken Breast

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: **15-25** mins
Ready in: **35-45** mins

Eat Me Early*
**Custom Recipe only*

Prep this crowd-pleasing pizza in less time than it would take to pick up the takeaway version. Simply roast the veg and whip up a white sauce before loading the bases up with all the toppings. Toss the salad while the pizzas are baking, and you're done!

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

Pantry items

Olive Oil, Honey, Balsamic Vinegar

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 · Medium frying pan · Wire oven racks

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cherry/snacking tomatoes	1 punnet	2 punnets
red onion	1	2
garlic	1 clove	2 cloves
light cooking cream	1 medium packet	1 large packet
pizza bases	2	4
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
shredded Cheddar cheese	1 medium packet	1 large packet
pear	1	2
cucumber	1	2
honey*	1 tsp	2 tsp
balsamic vinegar*	drizzle	drizzle
rocket leaves	1 small bag	1 medium bag
basil pesto	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5291kJ (1265Cal)	740kJ (177Cal)
Protein (g)	40g	5.6g
Fat, total (g)	49.4g	6.9g
- saturated (g)	19.4g	2.7g
Carbohydrate (g)	158.1g	22.1g
- sugars (g)	21.8g	3g
Sodium (mg)	1595mg	223mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	6039kJ (1443Cal)	686kJ (164Cal)
Protein (g)	74.4g	8.5g
Fat, total (g)	53.8g	6.1g
- saturated (g)	20.8g	2.4g
Carbohydrate (g)	158.6g	18g
- sugars (g)	22.2g	2.5g
Sodium (mg)	1676mg	190mg

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 | CW25



1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Halve **cherry tomatoes**. Cut **red onion** into thick wedges.
- Place prepped **veggies** on a lined oven tray (divide between two trays if your tray is crowded). Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until just tender, **10-15 minutes**.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks while the veggies are roasting. Set aside.

3



Bake the pizzas

- Spread **pizza bases** evenly with **white sauce**. Top with roasted **veggies**. Sprinkle over **grated Parmesan cheese** and **shredded Cheddar cheese**.
- Place **pizzas** directly on a wire rack in the oven. Bake until cheese is melted and golden, **10-12 minutes** (use two wire racks if your pizzas don't fit).

TIP: Placing the pizzas directly onto the wire racks helps the bases crisp up!

Custom Recipe: After spreading the bases with the sauce, top pizzas evenly with chicken and roasted veggies. Continue with the step. Bake until cheese is melted and chicken is cooked through (when no longer pink inside), 10-12 minutes.

TIP: The chicken is cooked when it is no longer pink inside.

2



Make the white sauce

- When the veggies have **5 minutes** remaining, finely chop **garlic**.
- In a medium frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic** until fragrant, **1 minute**. Add **light cooking cream** and cook, stirring, until slightly thickened, **2-3 minutes**. Season, then set aside.

Custom Recipe: Before making the sauce, heat pan over high heat with a drizzle of olive oil. Cook chicken until just browned, 3-4 minutes (it will finish cooking in step 3!). Transfer to a bowl. Continue with the step.

4



Serve up

- While the pizzas are baking, thinly slice **pear**. Roughly chop **cucumber**. In a medium bowl, combine the **honey** and a drizzle of **balsamic vinegar** and **olive oil**. Season, then add **pear**, **cucumber** and **rocket leaves**. Toss to coat.
- Dollop **basil pesto** over pizza. Slice, then divide between plates.
- Serve with pear-rocket salad. Enjoy!

Rate your recipe

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