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Chicken, Zucchini & Red Onion Pizza

Chicken and zucchini on a pizza? It's so crazy it just might work... Of course, with classic Italian fare like rich tomato paste and fresh mozzarella, it's not that much of a gamble. Yep, this tasty wholemeal pizza will leave you feeling like you're living La Vita Bella - we're betting on it!



Prep: 15 mins

Cook: 20 mins

Total: 35 mins



level 1



spicy



eat me early

Pantry Items



Olive Oil



Garlic



Chicken Breast



Wholemeal Pizza Base



Tomato Paste



Zucchini



Red Onion



Long Red Chilli



Mozzarella Cheese



Parsley

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2P	4P	Ingredients
1 tsp	2 tsp	olive oil *
1 clove	2 cloves	garlic, peeled & crushed
2 fillets	4 fillets	chicken breast
2	4	wholemeal pizza bases
2 sachets	4 sachets	tomato paste (included in the bases)
1	2	zucchini, peeled into ribbons
½	1	red onion, finely sliced
1	2	long red chilli, deseeded & finely chopped
1 block	2 blocks	mozzarella cheese, grated
½ bunch	1 bunch	parsley, leaves picked

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	3920	Kj
Protein	69	g
Fat, total	29.3	g
-saturated	12.4	g
Carbohydrate	88.7	g
-sugars	9.7	g
Sodium	1360	mg



You will need: *chef's knife, chopping board, medium frying pan, box grater, vegetable peeler, small bowl, tongs, garlic crusher.*

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

2 Combine the **olive oil** and **garlic** in a small bowl. Season with **salt** and **pepper**. Rub the seasoned garlic oil all over the **chicken breast fillets**. Heat a medium frying pan over a medium heat. Add the chicken and cook for **5 minutes** on each side, or until cooked through. Cut into 5 mm thick slices.



3 Place the **wholemeal pizza bases** rough side down on a flat bench. Spread the bases with the **tomato paste** and then top evenly with the cooked chicken slices, **zucchini**, **red onion**, **long red chilli** and **mozzarella cheese**. Place in the oven directly onto the wire racks and cook **5-10 minutes** or until the cheese is melted and golden.



4 Remove the pizzas from the oven and sprinkle with the fresh **parsley**.



Did you know? Archaeologists have found that cheese production dates back as far as 6000 BC.