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Chilli Prawn Pizza with Rocket Leaves

Prawns and chilli come together in a pizza paradise (that is to say, they're a match made in heaven). A speedy pizza that is in and out of the oven in 10 minutes, they're also a bit of a detox for hours spent slaving in the kitchen. This chilli oil is a wonderful addition to any meal – hot but not overpowering. Perfect!



Prep: 10 mins



Cook: 15 mins



Total: 25 mins

high protein



level 1



seafood first

Pantry Items



Olive Oil



Prawns



Garlic



Wholemeal
Pizza Base



Tomato Paste



Tomatoes



Red Onion



Dried Oregano



Fetta Cheese



Birdseye Chilli



Rocket Leaves

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2P	4P	Ingredients
1 portion	2 portions	prawns, rinsed
1 clove	2 cloves	garlic, peeled & crushed
2	4	wholemeal pizza bases
2 sachets	4 sachets	tomato paste (packed with the pizza bases)
2	4	tomatoes, sliced
½	1	red onion, finely sliced
1 tsp	2 tsp	dried oregano
1 block	2 blocks	fetta cheese, crumbled
1 ½ tbs	3 tbs	olive oil *
1	2	birdseye chilli, finely chopped
1 bag	2 bags	rocket leaves, washed

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	3310	Kj
Protein	48.6	g
Fat, total	19.9	g
-saturated	6.8	g
Carbohydrate	98.7	g
-sugars	14.6	g
Sodium	1730	mg



You will need: chef's knife, chopping board, garlic crusher, medium frying pan, and paper towel.

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

2 Heat a splash of olive oil in a medium frying pan. Add the **prawns** and the **garlic** and cook for **1-2 minutes**, or until the prawns just change colour (they will cook further in the oven). Wipe the pan clean with the paper towel.



3 Place the **wholemeal pizza bases** on a flat surface, rough side down, and spread each base evenly with the **tomato paste**. Top with the **tomato**, **red onion**, **dried oregano**, prawns and **fetta cheese**. Season with **salt** and **pepper**.

4 Place the pizzas in the oven directly on to the wire racks. Cook for **10 minutes** or until the bases are crispy.



5 In the same frying pan, heat the **olive oil** and the **birdseye chilli**. Cook for **1 minute** or until the chilli has flavoured the oil. Remove from the heat.

6 To serve, drizzle the pizzas with the chilli oil and top with the fresh **rocket leaves**.



Did you know? Rocket is a good source of chlorophyll which can help prevent liver damage. To enjoy this nutritional benefit of rocket, it is best eaten raw.