

# Easy Chorizo & Cherry Tomato Pizza

with Pumpkin, Rocket Salad & Cheddar

Grab your Meal Kit with this symbol



-  Cherry/Snacking Tomatoes
-  Tomato Paste
-  Garlic & Herb Seasoning
-  Pizza Bases
-  Rocket Leaves
-  Peeled & Chopped Pumpkin
-  Mild Chorizo
-  Shredded Cheddar Cheese
-  Mild Chorizo

 **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: **30-40** mins

In this easy-peasy pizza, mild chorizo adds just the right amount of saltiness, and an umami-rich flavour to the pumpkin, while the roasted tomatoes provide sweetness, juiciness and acidity to cut through the richness.

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

**Pantry items**  
Olive Oil, 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
peeled & chopped pumpkin	1 small bag	1 medium bag
mild chorizo	1 packet (250g)	2 packets (500g)
cherry/snacking tomatoes	½ punnet	1 punnet
tomato paste	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
<b>water*</b>	¼ cup	½ cup
pizza bases	2	4
shredded Cheddar cheese	1 large packet	2 large packets
<b>balsamic vinegar*</b>	drizzle	drizzle
rocket leaves	1 small bag	1 medium bag
mild chorizo	1 packet (250g)	2 packets (500g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5598kJ (1338Cal)	928kJ (222Cal)
Protein (g)	62.8g	10.4g
Fat, total (g)	52.5g	8.7g
- saturated (g)	22.6g	3.7g
Carbohydrate (g)	147.7g	24.5g
- sugars (g)	11.4g	1.9g
Sodium (mg)	3392mg	562mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	7035kJ (1681Cal)	966kJ (231Cal)
Protein (g)	88.5g	12.2g
Fat, total (g)	78g	10.7g
- saturated (g)	31.9g	4.4g
Carbohydrate (g)	150g	20.6g
- sugars (g)	13.8g	1.9g
Sodium (mg)	4817mg	661mg

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](https://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

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## Roast the pumpkin

- 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 tender, **10-15 minutes**.

**TIP:** If your tray is getting crowded, divide the pumpkin between two trays.

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## Bake the pizzas & make the salad

- Place **pizza bases** on a flat surface, rough side down. Spread evenly with **tomato sauce** using the back of a spoon. Top with roast **pumpkin**, **chorizo** and **cherry tomatoes**. Sprinkle with **shredded Cheddar cheese**.
- Place **pizzas** directly on a wire rack in the oven. Bake until cheese is melted and golden, **10-12 minutes**.
- Meanwhile, combine a drizzle of **balsamic vinegar** and **olive oil** in a medium bowl. Season, then add **rocket leaves**. Toss to coat.

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

**TIP:** Place an oven tray underneath the wire rack to catch any drips!

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## Cook the chorizo & tomato sauce

- Meanwhile, thinly slice **mild chorizo**. Halve **cherry tomatoes** (see ingredients).
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **chorizo**, tossing, until just browned, **4-6 minutes**. Transfer to a plate.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **tomato paste** and **garlic & herb seasoning**, stirring, until fragrant, **1 minute**. Stir in the **water**, then simmer until slightly thickened, **1 minute**. Season to taste.

**Custom Recipe:** If you've doubled your mild chorizo, cook the chorizo in batches for best results.

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## Serve up

- Slice chorizo and cherry tomato pizza.
- Top pizza with rocket salad, then divide between plates to serve. Enjoy!

## Rate your recipe

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