



Easy Pork & Pesto Flatbread Pizza Bianca

with Tomato & Spinach Salad

Grab your Meal Kit with this symbol



Zucchini



Red Onion



Garlic



Aussie Spice Blend



Flatbread



Tomato



Baby Spinach Leaves



Pork Mince



Light Cooking Cream



Grated Parmesan Cheese



Shredded Cheddar Cheese



Basil Pesto

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

When you're too lazy to go pick up a pizza, make this bad boy! We've broken the rules and used our flatbreads for the bases; they're hardy enough to hold a good number of toppings - from the white sauce through to the Aussie-spiced pork mince.

Pantry items

Olive Oil, White Wine 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
olive oil*	refer to method	refer to method
zucchini	1	2
red onion	1	2
garlic	1 clove	2 cloves
pork mince	1 small packet	1 medium packet
Aussie spice blend	1 medium sachet	1 large sachet
light cooking cream	1 medium packet	1 large packet
flatbread	4	8
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
shredded Cheddar cheese	1 medium packet	1 large packet
tomato	1	2
white wine vinegar*	drizzle	drizzle
baby spinach leaves	1 small bag	1 medium bag
basil pesto	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4248kJ (1015Cal)	765kJ (183Cal)
Protein (g)	48.7g	8.8g
Fat, total (g)	65.3g	11.8g
- saturated (g)	25g	4.5g
Carbohydrate (g)	55.8g	10g
- sugars (g)	16.7g	3g
Sodium (mg)	1403mg	253mg

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 | CW33



1



Roast the veggies

- Remove wire racks from oven. Preheat oven to **220°C/200°C fan-forced**.
- Thinly slice **zucchini** into rounds. Cut **red onion** into thin wedges.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until just tender, **18-22 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

3



Bake the flatbread pizzas

- Lay each **flatbread** on a flat surface, rough side-down. Using the back of a spoon, spread **white sauce** evenly across the flatbreads. Top evenly with the cooked **mince** and roasted **veggies**. Sprinkle with **grated Parmesan cheese** and **shredded Cheddar cheese**.
- Transfer **flatbread pizzas** to oven wire racks. Bake until cheese is melted and golden, **12-15 minutes**.
- Meanwhile, thinly slice **tomato** into wedges.
- In a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season, then add **tomato** and **baby spinach leaves**. Toss to combine.

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

2



Cook the pork & white sauce

- Meanwhile, finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **pork mince** and **Aussie spice blend**, breaking up with a spoon, until just browned, **4-5 minutes**. Transfer to a bowl.
- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**. Add **light cooking cream** and cook until slightly thickened, **2-3 minutes**. Season, then remove from heat.

4



Serve up

- Dollop **basil pesto** over pizzas.
- Divide pork and pesto pizza bianca between plates.
- Serve with tomato and spinach salad. Enjoy!

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