



HelloFresh.com.au

hello@hellofresh.com.au | (02) 8188 8722

WK19
2016



Mushroom, Broccolini & Pine Nut Pizza

Broccolini on a pizza? It's so crazy it just might work... Of course, with classic Italian fare like mushrooms, pine nuts 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: 10 mins

Total: 25 mins



level 1



high protein



high fibre

Pantry Items



Olive Oil



Mushrooms



Garlic



Wholemeal Pizza Bases



Tomato Paste



Broccolini



Red Onion



Long Red Chilli



Pine Nuts



Mozzarella Cheese



Parsley

JOIN OUR PHOTO CONTEST



#HelloFreshAU

2P	4P	Ingredients
1 punnet	2 punnets	mushrooms, sliced
3 tsp	6 tsp	olive oil *
1 clove	2 cloves	garlic, peeled & crushed
2	4	wholemeal pizza bases
2 sachets	4 sachets	tomato paste (included in the bases)
1 bunch	2 bunches	broccolini, stems halved lengthways
½	1	red onion, finely chopped
1	2	long red chilli, deseeded & finely chopped
1 tbs	2 tbs	pine nuts
1 block	2 blocks	mozzarella cheese, grated
1 bunch	2 bunches	parsley, leaves picked

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	3390	Kj
Protein	37.3	g
Fat, total	26.1	g
-saturated	10	g
Carbohydrate	96	g
-sugars	10.5	g
Sodium	1440	mg



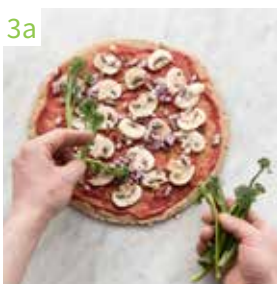
You will need: *chef's knife, chopping board, garlic crusher, box grater, and a medium bowl.*

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

2 Place the **mushrooms, olive oil and garlic** in a medium bowl and toss to coat well.

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 mushroom, **broccolini, red onion, long red chilli, pine nuts and mozzarella cheese**. Place in the oven directly onto the wire racks and cook for **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.