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WK44  
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## Petrifying Pumpkin and Pesto Pizza

Watch out, this pesto and pumpkin pizza is ghoulishly good. Ditch the jack'o'lantern this Halloween and instead keep that creamy orange stuff for your pizza! It may not be dripping in plastic cheese, but we reckon this pizza is so delicious it's scary.



**Prep:** 10 mins

**Cook:** 35 mins

**Total:** 45 mins



level 1



high fibre

### Pantry Items



Olive Oil



Pumpkin



Pepitas



Wholemeal Pizza  
Bases



Tomato Paste



Roma Tomatoes



Red Onion



Traditional Pesto



Mixed Salad  
Leaves



Parmesan Cheese

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2P	4P	Ingredients	
½	1	pumpkin, skin removed & cut into 2 cm pieces	
2 tsp	1 tbs	olive oil *	
1 packet	2 packets	pepitas	
2	4	wholemeal pizza bases	
2 sachets	4 sachets	tomato paste (included with the bases)	
2	4	roma tomatoes, sliced	
½	1	red onion, cut into thin wedges	
1 tub	2 tubs	traditional pesto	
½ bag	1 bag	mixed salad leaves	
1 block	2 blocks	Parmesan cheese, flaked	

Ingredient features in another recipe

\* Pantry Items

Pre-preparation

#### Nutrition per serve

Energy	3930	Kj
Protein	36.4	g
Fat, total	36.7	g
-saturated	9.2	g
Carbohydrate	107	g
-sugars	20.8	g
Sodium	1470	mg



**You will need:** *chef's knife, chopping board, vegetable peeler, spoon and oven tray lined with baking paper.*

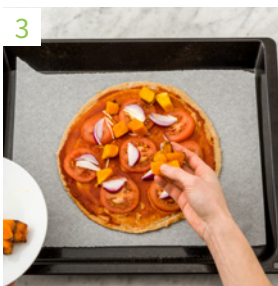
**1** Preheat the oven to **220°C/200°C fan-forced**.

**2** Toss the **pumpkin** in the **olive oil** and place on the prepared oven tray. Season with **salt** and **pepper** and cook in the oven for **10-15 minutes**. Scatter the **pepitas** over the half-cooked pumpkin and cook for a further **5 minutes**.



**3** Place the **wholemeal pizza bases** rough side down on a flat surface. Spread the **tomato paste** across the base of each pizza. Top with the **tomato slices**, **red onion**, roast pumpkin and pepitas.

**4** Transfer the pizza directly onto the oven wire racks and cook for **10 minutes**, or until the bases are crispy. Remove from the oven.



**5** To serve, top with dollops of the **traditional pesto**, **mixed salad leaves** and flaked **Parmesan cheese**.



**Did you know?** The tradition of carving pumpkins originated in Ireland.