

Easy Pumpkin, Zucchini & Fetta Pizza

with Caramelised Onion & Rocket Salad



Zucchini



Peeled & Chopped Pumpkin



Garlic & Herb Seasoning



Red Onion



Pizza Bases



Pizza Sauce



Shredded Cheddar Cheese



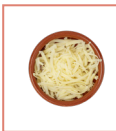
Pear



Rocket Leaves



Fetta Cubes



Shredded Cheddar Cheese

 Hands-on: 15-25 mins
Ready in: 35-45 mins

Time for a pizza that totally beats takeaway! Top a crisp base with roasted pumpkin and zucchini plus creamy feta, then add a fresh green salad on the side to make a meal that isn't just delicious, but well-rounded too.

The recent harsh weather conditions have impacted the zucchini grown by our farmers. The quality and freshness is still the same, but they may be a little smaller than usual.

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

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

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
peeled & chopped pumpkin	1 medium bag	1 large bag
garlic & herb seasoning	1 sachet	2 sachets
red onion	1	2
balsamic vinegar* (for the onion)	1 tbs	2 tbs
water*	2 tsp	1 tbs
brown sugar*	1½ tsp	3 tsp
pizza bases	2	4
pizza sauce	1 packet	2 packets
shredded Cheddar cheese	1 medium packet	1 large packet
pear	1	2
rocket leaves	1 medium bag	1 large bag
balsamic vinegar* (for the salad)	drizzle	drizzle
fetta cubes	1 medium packet	1 large packet
shredded Cheddar cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3720kJ (888Cal)	417kJ (100Cal)
Protein (g)	35.4g	4.0g
Fat, total (g)	21.5g	2.4g
- saturated (g)	9.6g	1.1g
Carbohydrate (g)	125g	14.0g
- sugars (g)	36.9g	4.1g
Sodium (mg)	2200mg	246mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4140kJ (989Cal)	451kJ (108Cal)
Protein (g)	41.7g	4.5g
Fat, total (g)	30.0g	3.3g
- saturated (g)	15.1g	1.6g
Carbohydrate (g)	125g	13.7g
- sugars (g)	37.1g	4.1g
Sodium (mg)	2360mg	257mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Thinly slice **zucchini** into rounds. Place **zucchini** and **peeled & chopped pumpkin** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer.
- Roast until just tender, **15-20 minutes**.

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

3



Bake the pizzas & prep the salad

- Lay **pizza bases** on a flat surface, rough side-down. Using the back of a spoon, spread **pizza sauce** evenly across bases. Top evenly with **roasted veggies** and **caramelised onion**. 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, thinly slice **pear**. In a medium bowl, combine **pear**, **rocket leaves**.

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

CUSTOM RECIPE

If you've doubled your Cheddar cheese, sprinkle it over the pizzas as above.

2



Caramelize the onion

- While veggies are roasting, thinly slice **red onion**.
- In a medium frying pan, heat a drizzle of **olive oil** over a medium heat. Cook **onion**, stirring regularly, until softened, **5-6 minutes**. Add **balsamic vinegar (for the onions)**, the **water** and **brown sugar**. Mix well. Cook until dark and sticky, **3-5 minutes**.

4



Serve up

- Dress salad with a drizzle of olive oil and **balsamic vinegar (for the salad)**. Toss to coat. Season to taste.
- Crumble **fetta cubes** over the pumpkin and zucchini pizza.
- Slice pizza, then top with some rocket salad.
- Serve with remaining salad.

Enjoy!