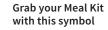
Quick Veggie Pizza Bianca with Rocket Salad & Parmesan



















Light Cooking



Pizza Bases



Baby Spinach



Grated Parmesan

Cheese

Leaves



Rocket Leaves



Mild Chorizo

Prep in: 15-25 mins Ready in: 25-35 mins There's no need for red sauce on your pizza when you have plenty of roast veg on top, including juicy tomatoes to cut through the richness. The kids will be keen to help out with this one, too!





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 · Wire oven racks

Inaredients

_		
	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
tomato	2	4
onion	1	2
garlic	2 cloves	4 cloves
butter*	15g	30g
light cooking cream	1 medium packet	1 large packet
pizza bases	2	4
baby spinach leaves	1 small bag	1 medium bag
grated Parmesan cheese	2 packet (60g)	4 packets (120g)
white wine vinegar*	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)	4684kJ (1119Cal)	661kJ (157Cal)
Protein (g)	38.6g	5.4g
Fat, total (g)	36.7g	5.2g
- saturated (g)	21.4g	3g
Carbohydrate (g)	153.7g	21.7g
- sugars (g)	17.3g	2.4g
Sodium (mg)	1461mg	206mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kj)	6121kJ (1462Cal)	734kJ (175Cal)
Protein (g)	64.3g	7.7g
Fat, total (g)	62.2g	7.5g
- saturated (g)	30.7g	3.7g
Carbohydrate (g)	156.1g	18.7g
- sugars (g)	19.7g	2.4g
Sodium (mg)	2886mg	346mg

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

2022 | CW20

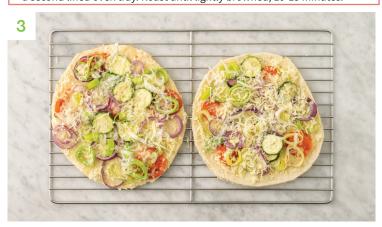


Roast the veggies

- Preheat oven to 220°C/200°C fan-forced. Thinly slice zucchini, tomato and **onion** into rounds. Place on a lined oven tray (if your oven tray is crowded, divide veggies between two trays).
- Drizzle veggies with olive oil, season with salt and pepper and toss to coat.
- Spread out in a single layer, then roast until just tender, 10-15 minutes.

CUSTOM RECIPE

If you've added mild chorizo, roughly chop chorizo into chunks. Place on a second lined oven tray. Roast until lightly browned, 10-15 minutes.



Bake the pizzas

- Lay pizza bases on a flat surface, rough-side down.
- Spread **white sauce** across the **bases** with the back of a spoon. Top evenly with roasted veggies and baby spinach. Sprinkle with grated Parmesan cheese.
- Transfer pizzas to wire oven racks. Bake until cheese is melted and golden, 10-12 minutes (baking the pizzas on the racks helps the bases crisp up. You can place an oven tray underneath to catch any drips!).

Little cooks: Take the lead by spreading the sauce over the pizzas and adding the toppings! Be careful, the sauce is hot!

CUSTOM RECIPE

Top pizza with the roasted chorizo.



Make the sauce

- Meanwhile, finely chop garlic.
- In a large frying pan, heat a drizzle of **olive oil** with the **butter** over mediumhigh heat. Cook garlic until fragrant, 1 minute. Add light cooking cream and cook until slightly thickened, 2-3 minutes.
- Season to taste, then remove from heat and set aside.



Serve up

- While pizzas are baking, combine a drizzle of white wine vinegar and olive oil in a medium bowl. Season, then add rocket leaves. Toss to coat.
- Season pizza bianca with pepper, then divide between plates. Serve with rocket salad.

Little cooks: Help mix the dressing and toss the salad!

Enjoy!