



# Quick Veggie Pizza Bianca

with Rocket Salad & Parmesan

Grab your Meal Kit with this symbol



Zucchini



Tomato



Onion



Garlic



Light Cooking Cream



Pizza Bases



Baby Spinach Leaves



Grated Parmesan Cheese



Rocket Leaves



Mild Chorizo

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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!



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

### Pantry items

Olive Oil, Butter, 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 · Wire oven racks

## Ingredients

	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](https://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](https://hellofresh.com.au/contact)

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## 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.

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## 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.

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## Make the sauce

- Meanwhile, finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** with the **butter** over medium-high 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.

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## 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!