



Quick Veggie Flatbread Pizza Bianca

with Nutty Mixed Leaf Salad

Grab your Meal Kit with this symbol



Zucchini



Red Onion



Cherry/ Snacking Tomatoes



Garlic



Flatbread



Baby Spinach Leaves



Salad Leaves



Balsamic Vinaigrette Dressing



Flaked Almonds



Light Cooking Cream



Grated Parmesan Cheese



Shredded Cheddar Cheese



Diced Bacon

Pantry items

Olive Oil, Butter

Prep in: **15-25** mins
Ready in: **25-35** mins

Pizza bianca or "white pizza" in Italian, is essentially pizza with no tomato sauce. Our version is topped with a combo of cheeses and a handful of ingredients that are so naturally tasty, you won't even miss the red sauce.

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 |
| red onion | 1 | 2 |
| cherry/snacking tomatoes | 1 punnet | 2 punnets |
| garlic | 2 cloves | 4 cloves |
| butter* | 15g | 30g |
| light cooking cream | 1 medium packet | 1 large packet |
| grated Parmesan cheese | 1 packet (30g) | 2 packets (60g) |
| flatbread | 4 | 8 |
| baby spinach leaves | 1 small bag | 1 medium bag |
| shredded Cheddar cheese | 1 large packet | 2 large packets |
| salad leaves | 1 small bag | 1 medium bag |
| balsamic vinaigrette dressing | 1 packet | 2 packets |
| flaked almonds | 1 medium packet | 1 large packet |
| diced bacon** | 1 packet (90g) | 1 packet (180g) |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3455kJ (826Cal) | 690kJ (165Cal) |
| Protein (g) | 29.6g | 5.9g |
| Fat, total (g) | 54.4g | 10.9g |
| - saturated (g) | 28.3g | 5.7g |
| Carbohydrate (g) | 53g | 10.6g |
| - sugars (g) | 15.5g | 3.1g |
| Sodium (mg) | 1102mg | 220mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3844kJ (918Cal) | 705kJ (168Cal) |
| Protein (g) | 36.6g | 6.7g |
| Fat, total (g) | 61.2g | 11.2g |
| - saturated (g) | 30.8g | 5.6g |
| Carbohydrate (g) | 53.8g | 9.9g |
| - sugars (g) | 16g | 2.9g |
| Sodium (mg) | 1532mg | 281mg |

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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW31



1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Thinly slice **zucchini** and **red onion** into rounds. Halve **cherry tomatoes**.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until just tender, **15 minutes**.

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

3



Bake the pizzas & toss the salad

- Lay **flatbreads** on a flat surface.
- Spread **white sauce** over the **flatbreads** with the back of a spoon. Top evenly with roasted **veggies** and the **baby spinach leaves**. Sprinkle with **shredded Cheddar cheese**.
- Transfer **pizzas** to wire oven racks. Bake until cheese is melted and golden, **12-15 minutes**.
- Just before serving, combine **salad leaves** and **balsamic vinaigrette dressing** in a medium bowl. Season, then toss to coat. Sprinkle with **flaked almonds**.

Custom Recipe: If you've added diced bacon, top the flatbreads with the bacon along with the roasted veggies and the baby spinach. You might need to break the bacon up a bit with your hands!

2



Make the white 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 **grated Parmesan cheese** and cook, stirring, until slightly thickened, **2-3 minutes**.
- Season to taste, then remove from heat and set aside.

4



Serve up

- Season the roast veggie flatbread pizza bianca with pepper, then divide between plates.
- Serve with nutty mixed leaf salad. Enjoy!

Rate your recipe

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