

Red Capsicum Pizza with Mozzarella & Rocket

When it comes to amazing weeknight pizzas, we only see red! Red capsicum, smoky and sweet, red onion and Kalamata olives on a rich red tomato base. Pop on your favourite Split Enz track and enjoy the hint of pine nuts and gooey mozzarella that complete this super simple pizza you won't want to share.



Prep: 10 mins Cook: 20 mins Total: 30 mins



Pantry Items







Kalamata



Tomato Paste



Pine Nuts



Red Capsicum





Mozzarella



Rocket Leaves

| 2P | 4P | Ingredients | |
|-----------|-----------|--|---|
| 2 | 4 | wholemeal pizza bases | |
| 2 sachets | 4 sachets | tomato paste (included with the bases) | |
| 1 | 2 | red capsicum, thinly sliced | |
| 1/2 | 1 | red onion, thinly sliced | # |
| 1 tub | 2 tubs | kalamata olives, halved (check for pits) | |
| 1 sachet | 2 sachets | pine nuts | |
| 1 block | 2 blocks | mozzarella cheese, grated | |
| ½ bag | 1 bag | rocket leaves | # |
| 1 tbs | 2 tbs | olive oil * | |

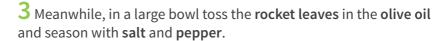
| + | Ingredient features in another recipe |
|--------------|---------------------------------------|
| * | Pantry Items |
| | Pre-preparation |

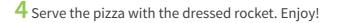
| Nutrition per serve | | | | |
|---------------------|------|----|--|--|
| Energy | 3770 | Kj | | |
| Protein | 38.2 | g | | |
| Fat, total | 35.3 | g | | |
| -saturated | 12.5 | g | | |
| Carbohydrate | 102 | g | | |
| -sugars | 16.6 | g | | |
| Sodium | 1760 | mg | | |
| | | | | |



You will need: chef's knife, chopping board, spoon, large bowl and tongs.

- 1 Preheat the oven to 200°C/180°C fan-forced.
- 2 Place the wholemeal pizza bases on a flat surface, rough side down, and spread evenly with the tomato paste using the back of a spoon. Top with the red capsicum, red onion, kalamata olives, pine nuts and mozzarella cheese. Place in the oven directly onto the wire racks and cook for 10-15 minutes, or until the cheese has melted and the bases are crispy.











Did you know? Onions have been eaten by humans for at least 7,000 years.