



ROASTED PUMPKIN & FETTA PIZZA

with Caramelised Onion & Rocket-Pear Salad



Top a pizza with roasted pumpkin



Zucchini



Peeled & Chopped Pumpkin



Red Onion



Wholemeal Pizza Bases



Pizza Sauce



Shredded Cheddar Cheese



Pear



Rocket Leaves



Fetta



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 fetta, then add a fresh green salad on the side to make a meal that's isn't just delicious, but well-rounded too.

Pantry Staples: Olive Oil, Balsamic Vinegar, Brown Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **medium frying pan**



1 ROAST THE PUMPKIN & ZUCCHINI

Preheat the oven to **220°C/200°C fan-forced**. Thinly slice the **zucchini** into 1cm rounds. Place the **zucchini** and **peeled & chopped pumpkin** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with the **salt** and a **good pinch** of **pepper**. Spread in a single layer and roast until just tender, **15-20 minutes**.



2 CARAMELISE THE ONION

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



3 START THE PIZZAS

Lay the **wholemeal pizza bases** on a flat surface, rough-side down. Spread the **pizza sauce** evenly over the **pizza bases** using the back of a spoon.



4 FINISH THE PIZZAS

Top the pizzas evenly with the **pumpkin**, **zucchini** and caramelised **onion**. Sprinkle with the **shredded Cheddar cheese**. Place the **pizzas** in the oven directly on the wire racks and bake until the cheese is melted and golden, **10-12 minutes**.

TIP: Placing the pizzas directly onto the wire racks helps the bases to crisp up.



5 MAKE THE SALAD

While the pizzas are baking, thinly slice the **pear**. In a medium bowl, add the **rocket leaves**, **pear**, **balsamic vinegar (for the salad)** and a **drizzle** of **olive oil**. Toss to coat and season with **salt** and **pepper**.



6 SERVE UP

Crumble the **fetta** over the pizzas and divide between plates. Serve with the rocket-pear salad. **TIP:** Garnish your pizzas with a little of the salad if you like!

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
zucchini	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
salt*	¼ tsp	½ tsp
red onion	1	2
balsamic vinegar* (for the onion)	1 tbs	2 tbs
water*	2 tsp	1 tbs
brown sugar*	1½ tsp	3 tsp
wholemeal pizza bases	2	4
pizza sauce	1 sachet (150g)	2 sachet (300g)
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
pear	1	2
rocket leaves	1 bag (60g)	1 bag (120g)
balsamic vinegar* (for the salad)	2 tsp	1 tbs
fetta	1 block (25g)	1 block (50g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3360kJ (803Cal)	432kJ (103Cal)
Protein (g)	30.8g	4.0g
Fat, total (g)	18.2g	2.3g
- saturated (g)	7.6g	1.0g
Carbohydrate (g)	117g	15.0g
- sugars (g)	32.5g	4.2g
Sodium (g)	1930mg	248mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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2020 | WK06

