

# **ROASTED PUMPKIN & FETTA PIZZA**

with Caramelised Onion & Rocket-Pear Salad



Top a pizza with roasted pumpkin





Zucchini

Peeled & Chopped Pumpkin

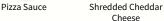


**Red Onion** 

Wholemeal Pizza Bases



Cheese





Pear

**Rocket Leaves** 



Pantry Staples: Olive Oil, Balsamic Vinegar, Brown Sugar

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.

# 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 Preheat the oven to 220°C/200°C fanforced**. 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.



### 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.

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2 4 PEOPLE ------

	2P	4P
olive oil*	refer to method	refer to method
zucchini	1	2
peeled & chopped pumpkin	1 packet (200g)	<b>1 packet</b> (400g)
salt*	¼ tsp	½ tsp
red onion	1	2
<i>balsamic vinegar*</i> (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	<b>1 sachet</b> (150g)	<b>2 sachet</b> (300g)
shredded Cheddar cheese	1 packet (50g)	<b>1 packet</b> (100g)
pear	1	2
rocket leaves	<b>1 bag</b> (60g)	<b>1 bag</b> (120g)
<i>balsamic vinegar*</i> (for the salad)	2 tsp	1 tbs
fetta	<b>1 block</b> (25g)	<b>1 block</b> (50g)

\*Pantry Items

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

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo



## **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 rocketpear salad. \* *TIP:* Garnish your pizzas with a little of the salad if you like!

# **ENJOY!**



We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722 Hello@HelloFresh.com.au

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