



TEX-MEX CORN & CAPSICUM PIZZA

with Pickled Chilli & Tomato Salsa



Make pickled chillies for a tasty topping



Long Green Chilli (Optional)



Long Red Chilli (Optional)



Red Onion



Garlic



Green Capsicum



Corn



Tex-Mex Spice Blend



Wholemeal Pizza Bases



Enchilada Sauce



Shredded Cheddar Cheese



Tomato



Parsley

- Hands-on: **30 mins**
- Ready in: **40 mins**
- Spicy (optional long red & green chillis)

Italian and Tex-Mex cuisines combine in these colourful veggie-loaded pizzas and the results are spectacular! While corn, capsicum and a fresh salsa are important components of this inventive dish, we especially love the zingy pickled chillies that add colour and a touch of spice to the finished meal!

Pantry Staples: Olive Oil, Vinegar (White Wine Or Rice Wine)

BEFORE YOU START

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

- **large frying pan**



1 GET PREPPED

Preheat the oven to **240°C/220°C fan-forced**. Thinly slice the **long green and red chillies** (if using). In a small bowl, add the **vinegar, water** and a **good pinch of sugar** and **salt**. Stir to dissolve then add the chillies. Toss to coat, then set aside until time to serve, tossing a few times to keep the chillies submerged. Thinly slice the **red onion**. Finely chop the **garlic** (or use a garlic press). Thinly slice the **green capsicum**. Slice the **corn** kernels from the cob.



2 COOK THE VEG

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **red onion** and cook for **3-4 minutes**, or until softened. Add the **garlic** and cook for **1 minute**, or until fragrant. Add the **green capsicum** and **corn** and cook, stirring, for **3-4 minutes**, or until just softened. Add the **Tex-Mex spice blend** and stir to coat for **1 minute**, or until fragrant. Season with **salt** and **pepper**.



3 ASSEMBLE THE PIZZA

Place the **wholemeal pizza bases**, rough-side down, on a wire oven rack. Using the back of a spoon, spread the bases with the **enchilada sauce**. Spread the **corn mixture** evenly over the pizza bases and sprinkle with the **shredded Cheddar cheese**.



4 BAKE THE PIZZA

Bake the pizza for **10 minutes**, or until the cheese is melted and golden.

TIP: *Baking the pizza directly on the wire racks helps the base to get crisp.*



5 MAKE THE SALSA

While the pizzas are baking, roughly chop the **tomato**. Roughly chop the **parsley** leaves. In a small bowl, combine the tomato, parsley, a **drizzle of olive oil** and a **pinch of salt** and **pepper**.



6 SERVE UP

Drain the pickling liquid. Scatter the pickled chilli (if using) and tomato salsa over the pizzas. Slice and serve.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
long green chilli (optional)	1	2
long red chilli (optional)	1	2
vinegar* (white wine or rice wine)	2 tbs	4 tbs
water*	2 tbs	4 tbs
red onion	1	2
garlic	2 cloves	4 cloves
green capsicum	1	2
corn	1	2
Tex-Mex spice blend	1 sachet	2 sachets
wholemeal pizza bases	2	4
enchilada sauce	1 packet (150 g)	1 packet (300 g)
shredded Cheddar cheese	1 packet (100 g)	2 packets (200 g)
tomato	1	2
parsley	1 bag	1 bag

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3590kJ (858Cal)	572kJ (137Cal)
Protein (g)	38.7g	6.2g
Fat, total (g)	24.0g	3.8g
- saturated (g)	12.9g	2.1g
Carbohydrate (g)	116g	18.5g
- sugars (g)	20.4g	3.3g
Sodium (g)	2100mg	335mg

For allergens and ingredient information, visit 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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