



Easy Smokey Bacon & Capsicum Pizza

with BBQ Sauce

TAKEAWAY FAVES

KID FRIENDLY

Grab your Meal Kit with this symbol



Pizza Dough



Courgette



Capsicum



Diced Bacon



Baby Leaves



Tomato Paste



Nan's Special Seasoning



Shredded Cheddar Cheese



Grated Parmesan Cheese



BBQ Sauce



Grated Parmesan Cheese

Prep in: 15-25 mins
Ready in: 30-40 mins

Looking for a tasty midweek dinner option? Try cooking up this bacon and capsicum pizza. Oozing with both Cheddar and Parmesan cheese and drizzled with BBQ sauce, you can pile this on your plate in no time at all!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Rolling pin · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pizza dough	1 packet	2 packets
courgette	1	2
capsicum	1	2
diced bacon	1 medium packet	2 medium packets OR 1 large packet
baby leaves	1 medium packet	1 large packet
tomato paste	1 packet	2 packets
Nan's special seasoning	1 medium sachet	1 large sachet
butter*	20g	40g
water*	¼ cup	½ cup
shredded Cheddar cheese	1 large packet	2 large packets
grated Parmesan cheese	1 medium packet	1 large packet
BBQ sauce	1 medium packet	1 large packet
grated Parmesan cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2917kJ (697Cal)	522kJ (125Cal)
Protein (g)	42.1g	7.5g
Fat, total (g)	47.3g	8.5g
- saturated (g)	22.6g	4g
Carbohydrate (g)	120.9g	21.6g
- sugars (g)	13.9g	2.5g
Sodium (mg)	1643mg	294mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3122kJ (746Cal)	546kJ (130Cal)
Protein (g)	46.4g	8.1g
Fat, total (g)	50.7g	8.9g
- saturated (g)	24.9g	4.4g
Carbohydrate (g)	121g	21.2g
- sugars (g)	14g	2.4g
Sodium (mg)	1735mg	304mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/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



1



Cook the bacon

- Preheat oven to **240°C/220°C fan-forced**. Halve each ball of **pizza dough** and set aside to rest for **20 minutes**.
- Slice **courgette** into rounds. Thinly slice **capsicum**.
- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **diced bacon, courgette** and **capsicum** until tender, **3-4 minutes**.
- In the **last minute** of cook time, add **baby leaves** and stir until wilted. Transfer to a plate.

TIP: The resting time helps make the dough easier to work with plus improves the pizza base texture. Rest for minimum 20 minutes or up to 40 minutes.

4



Top the pizzas

- Spread **tomato sauce** evenly across the bases using the back of a spoon.
- Top with **bacon veggie mixture**. Sprinkle over **shredded Cheddar cheese** and **grated Parmesan cheese**.

Little cooks: Kids can help assemble the pizzas!

Custom Recipe: If you've doubled your Parmesan cheese, follow instructions as above.

2



Make the sauce

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **tomato paste, Nan's special seasoning** and the **butter** until fragrant, **1 minute**.
- Add the **water**, then stir to combine and simmer until slightly thickened, **1 minute**. Season to taste.

5



Bake the pizzas

- Bake **pizzas** until cheese is melted, and pizzas are golden and cooked through, **15-20 minutes**.

3



Prep the pizzas

- Lightly dust some **flour** over a clean surface. Flour your hands and a rolling pin, then stretch and roll each ball of **dough** into a 25cm circle.
- Transfer **pizza** bases to a lined oven tray (divide between two trays if your bases are overlapping).

TIP: Dusting the surface and your hands with flour helps prevent the dough from sticking.

6



Serve up

- Divide Nan's bacon and capsicum pizzas between plates.
- Drizzle over **BBQ sauce** to serve. Enjoy!

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