



Mushroom & Caramelised Onion Pizza

with Cheddar Cheese & Baby Leaves

TAKEAWAY FAVES

Grab your Meal Kit with this symbol



Pizza Dough



Onion



Button Mushrooms



Courgette



Tomato Paste



Garlic & Herb Seasoning



Shredded Cheddar Cheese



Baby Leaves



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins

Eat Me Early*
**Custom Recipe only*

Whip up a simple yet satisfying pizza with a combination of tasty ingredients. Caramelised onions plus stringy Cheddar cheese bring the flavour, while the courgette and baby leaves add essential greens. Enjoy this easy slice of life!

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

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, 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 · 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
onion	½	1
button mushrooms	1 medium packet	1 large packet
courgette	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
tomato paste	1 packet	2 packets
garlic & herb seasoning	½ medium sachet	1 medium sachet
butter*	20g	40g
water*	¼ cup	½ cup
shredded Cheddar cheese	2 large packets	4 large packets
baby leaves	1 small packet	1 medium packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3004kJ (718Cal)	423kJ (101Cal)
Protein (g)	42.1g	5.9g
Fat, total (g)	47g	6.6g
- saturated (g)	24.8g	3.5g
Carbohydrate (g)	126.3g	17.8g
- sugars (g)	9.9g	1.4g
Sodium (mg)	1215mg	171mg
Dietary Fibre (g)	15.1g	2.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3776kJ (902Cal)	425kJ (102Cal)
Protein (g)	81g	9.1g
Fat, total (g)	50.3g	5.7g
- saturated (g)	25.7g	2.9g
Carbohydrate (g)	127.3g	14.3g
- sugars (g)	10g	1.1g
Sodium (mg)	1350mg	152mg
Dietary fibre (g)	15.1g	1.7g

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

2024 | CW18



Get prepped

- Preheat oven to **240°C / 220°C fan-forced**.
- Halve each ball of **pizza dough** and set aside to rest for **20 minutes**.
- Thinly slice **onion** (see ingredients) and **button mushrooms**. Using a vegetable peeler, slice **courgette** into ribbons.

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.

Custom Recipe: If you've added chicken breast, cut into 2cm chunks.



Prep the dough

- Meanwhile, lightly dust **flour** over a clean surface. Flour your hands and a rolling pin, then stretch and roll each ball of **dough** into a 25cm circle.
- Wipe out the frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **tomato paste**, **garlic & herb seasoning** (see ingredients) and the **butter** until fragrant, **1 minute**.
- Add the **water**, then stir to combine and simmer until slightly thickened, **1 minute**. Season to taste.

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



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **mushrooms** and **courgette** until browned and softened, **5-7 minutes**.
- Season with **salt** and **pepper**, then transfer to a bowl.

Custom Recipe: After cooking veggies, return frying pan to high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned, 2-3 minutes (it'll finish cooking through in the oven!). Transfer to a bowl.



Bake the pizzas

- Transfer **pizza bases** to a lined oven tray (divide between two trays if your bases are overlapping). Top bases with **tomato sauce**, **mushroom** and **courgette** and sprinkle over **shredded Cheddar cheese**.
- Bake **pizzas** until golden and cooked through, **15-20 minutes**.

Custom Recipe: Top pizzas with browned chicken before placing in the oven to cook.



Caramelize the onion

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar**, **brown sugar** and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a bowl.



Serve up

- In a medium bowl, combine **baby leaves**, a drizzle of **balsamic vinegar** and **olive oil**. Season with salt and pepper.
- Top the pizzas with caramelised onion and baby leaves, then slice.
- Divide between plates. Enjoy!

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