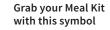


Mushroom & Caramelised Onion Pizza

with Cheddar Cheese & Baby Leaves

TAKEAWAY FAVES









Pizza Dough



Button Mushrooms

Courgette





Tomato Paste

Garlic & Herb Seasoning





Shredded Cheddar Cheese

Baby Leaves





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!

Olive Oil, Balsamic Vinegar, Brown Sugar, Butter

Pantry items

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
refer to method	refer to method
1 packet	2 packets
1/2	1
1 medium packet	1 large packet
1	2
1 tbs	2 tbs
1 tsp	2 tsp
1 packet	2 packets
½ medium sachet	1 medium sachet
20g	40g
1/4 cup	½ cup
2 large packets	4 large packets
1 small packet	1 medium packet
1 medium packet	2 medium packets OR 1 large packet
	refer to method 1 packet ½ 1 medium packet 1 1 tbs 1 tsp 1 packet ½ medium sachet 20g ¼ cup 2 large packets 1 small 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 Recine		

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	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.



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 how!

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.



Caramelise 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.



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.



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.



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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