



Cherry Tomato, Courgette & Cheddar Pizza

with Pear & Mixed Leaf Salad

Grab your Meal Kit with this symbol



Red Onion



Courgette



Pear



Garlic



Tinned Cherry Tomatoes



Tomato Paste



Garlic & Herb Seasoning



Pizza Bases



Shredded Cheddar Cheese



Mixed Salad Leaves



Mild Chorizo

Hands-on: 20-30 mins
Ready in: 35-45 mins

Add extra flavour to your vegetarian pizza by roasting the veggies first to ensure every bite is a tasty delight. Then, infuse the sauce with garlic for a fragrant flavour so divine that you'll never rely on takeaway again!



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

Pantry items

Olive Oil, Butter, Brown Sugar, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1 (medium)	1 (large)
courgette	1	2
pear	1	2
garlic	2 cloves	4 cloves
tinned cherry tomatoes	1 tin	2 tins
tomato paste	1 packet	2 packets
garlic & herb seasoning	1 sachet	1 sachet
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
balsamic vinegar*	drizzle	drizzle
water*	1 tbs	2 tbs
pizza bases	1 packet	2 packets
shredded Cheddar cheese	1 packet (100g)	2 packets (200g)
mixed salad leaves	1 bag (30g)	1 bag (60g)
mild chorizo**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3050kJ (728Cal)	475kJ (113Cal)
Protein (g)	26.6g	4.1g
Fat, total (g)	29.8g	4.6g
- saturated (g)	17.1g	2.7g
Carbohydrate (g)	82.2g	12.8g
- sugars (g)	24.2g	3.8g
Sodium (mg)	1444mg	225mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4330kJ (1034Cal)	584kJ (139Cal)
Protein (g)	44.7g	6g
Fat, total (g)	55.1g	7.4g
- saturated (g)	26.8g	3.6g
Carbohydrate (g)	84.2g	11.3g
- sugars (g)	24.2g	3.3g
Sodium (mg)	2334mg	315mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Slice the **red onion** into wedges. Thinly slice the **courgette** into rounds. Place the **onion** and the **courgette** on a lined oven tray, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **10-15 minutes**.



Bake the pizzas

When the veggies are done, place the **pizza bases** on a flat surface, rough side down. Spread the **pizza sauce** evenly over the bases and sprinkle with **shredded Cheddar cheese**. Top with the roasted **veggies** and **cherry tomatoes**. Bake the **pizzas** directly on the oven rack until the cheese is melted slightly and the pizza base is crisp, **10-12 minutes**.

TIP: Placing the pizzas directly on the wire rack helps the base crisp up.

CUSTOM RECIPE

Top the pizzas with chorizo before baking.



Get prepped

While the veggies are roasting, thinly slice the **pear**. Finely chop the **garlic**. Drain the **tinned cherry tomatoes**, reserving the **tomato sauce** in a small bowl.



Toss the salad

While the pizzas are baking, combine a drizzle of **balsamic vinegar** and **olive oil** in a medium bowl. Season. Add the **pear** and **mixed salad leaves**, then toss to coat.



Make the pizza sauce

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **garlic** and **tomato paste** until fragrant, **1 minute**. Add the **garlic & herb seasoning**, reserved **tomato sauce**, the **butter**, **brown sugar**, a drizzle of **balsamic vinegar** and the **water**. Cook until slightly reduced, **1-2 minutes**.

CUSTOM RECIPE

If you've added chorizo, roughly chop before making pizza sauce. Heat pan as above and cook chorizo until browned, 4-5 minutes. Transfer to a plate, then continue with step.



Serve up

Season the cherry tomato, courgette and Cheddar pizzas, then slice. Serve with the pear salad.

Enjoy!