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But The Chef

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## Mid-Week Miracle Sweet Potato Pizza

Hallelujah! It's time for your mid-week saviour dinner. Delicious sweet potato and caramelised onion come together with beautifully creamy fetta as the holy trinity in this miracle dish. This will be out of the oven in a flash, and bless our stars if it isn't the perfect meal for a lazy weeknight dinner.



Prep: 10 mins

Cook: 35 mins

Total: 45 mins



level 1



Sweet Potato



Pizza Sauce



Lebanese Bread



Mint



Red Onion



Cherry Tomatoes



Fetta



Rocket

2P	4P	Ingredients	
500 g	1 kg	sweet potato, peeled & diced	A
1/2	1	red onion, sliced	⊕
3 tbs	6 tbs	olive oil *	
2 tbs	4 tbs	balsamic vinegar *	
120 g	240 g	pizza sauce	
3	6	Lebanese bread	
1 punnet	2 punnets	cherry tomatoes, halved	
1 tbs	2 tbs	mint, finely chopped	
1/2 block	1 block	fetta, crumbled	⊕
70 g	140 g	rocket, washed	⊕

⊕ May feature in another recipe

\* Good to have at home

#### Nutrition per serving

Energy	3860	Kj
Protein	25.1	g
Fat, total	43.6	g
-saturated	13.3	g
Carbohydrate	96	g
-sugars	29.7	g

#### Measuretool

0 cm	1 cm	2 cm



**1** Preheat the oven to **180°C/160°C fan forced**.

**2** Place the sliced **sweet potato** and the **red onion** in a salad bowl and toss it through the **olive oil** and the **balsamic vinegar**, season with **salt** and **pepper**. Place onto a baking tray and then cook in the oven for **25 minutes** or until the sweet potato has caramelised.



**3** Meanwhile, you can prepare your pizza bases by spreading the **pizza sauce** over the **Lebanese bread** with the back of a spoon. Once the sweet potato and red onion are cooked, remove them from the oven and reduce the heat of the oven to **140°C/160°C fan forced**.

**4** Scatter the sweet potato, red onion and **cherry tomatoes** over each of your pizza bases, sprinkle a generous amount of **mint** and **fetta** over the top of the pizzas and then place the bases into the oven. Cook for a further **6-7 minutes** or until the bases have just turned crispy.



**5** Remove the pizzas from the oven, top with **rocket**, and drizzle with olive oil. Enjoy!



**Did you know?** Bread is so important in Lebanese culture that it is referred to as 'esh' or 'life' in some Arabic dialects.