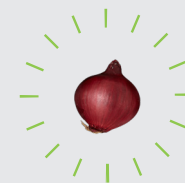




# GOAT CHEESE & CARMELISED ONION PIZZA

with Zucchini & Rocket



Make caramelised  
onions



Red Onion



Zucchini



Wholemeal Pizza  
Bases



Pizza Sauce



Dried Oregano



Goat Cheese



Rocket Leaves



Hands-on: **15 mins**

Ready in: **30 mins**

Whip up a simple yet satisfying pizza with a combination of tasty ingredients. Caramelised onions plus tangy goat cheese bring the flavour, while zucchini and rocket add essential greens. Enjoy this easy slice of life!

**Pantry Staples:** Olive Oil, Balsamic Vinegar,  
Brown Sugar



## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large frying pan**



### 1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced** (remove two wire racks first). Thinly slice the **red onion**. Peel the **zucchini** into thin ribbons using a vegetable peeler. In a medium bowl, toss the zucchini ribbons in a little **olive oil**.



### 2 CARAMELISE THE ONIONS

In a large frying pan, heat a **drizzle** of **olive oil** over a medium heat. Add the **onion** and cook, stirring, for **5-6 minutes**, or until softened. Add the **balsamic vinegar**, **water** and **brown sugar** and stir to combine. Cook for a further **3-5 minutes** or until dark and sticky. Season with **salt** and **pepper**.



### 3 SPREAD THE PIZZA SAUCE

Place the **wholemeal pizza bases** on the wire racks, rough-side down, and use the back of a spoon to spread evenly with the **pizza sauce**.



### 4 TOP THE PIZZAS

Sprinkle over the **dried oregano** (see **ingredients list**) and top evenly with the **caramelised onions**, **zucchini** ribbons and **goat cheese**.



### 5 BAKE THE PIZZAS

Bake the pizzas on the rack for **10 minutes**, or until the base is crisp. **TIP:** Placing the pizzas directly on the wire rack helps the base to crisp up.



### 6 SERVE UP

Season the pizzas with a good grind of black pepper and slice. Top with the **rocket leaves** and drizzle with olive oil if you like.

## ENJOY!

## 2/4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	2	4
zucchini	1	2
balsamic vinegar*	2 tbs	4 tbs
water*	1 tbs	2 tbs
brown sugar*	3 tsp	1½ tbs
wholemeal pizza bases	2	4
pizza sauce	1 sachet (150 g)	2 sachets (300 g)
dried oregano	½ sachet	1 sachet
goat cheese	1 block (80 g)	2 blocks (160 g)
rocket leaves	1 bag (60 g)	1 bag (120 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3110kJ (742Cal)	456kJ (109Cal)
Protein (g)	33.4g	4.9g
Fat, total (g)	12.4g	1.8g
- saturated (g)	5.7g	0.8g
Carbohydrate (g)	117g	17.1g
- sugars (g)	27.7g	4.1g
Sodium (g)	1640mg	240mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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[Hello@HelloFresh.com.au](mailto:Hello@HelloFresh.com.au)

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