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## Beef & Caramelised Onion Pizza with Wilted Baby Spinach

Between the richness of these sticky sweet caramelised onions, spiced beef and delicious gooey mozzarella, it's easy to forget that these pizza bases have been cooked in your own kitchen. Now we've reminded you though...dig in!



Prep: 10 mins

Cook: 25 mins

Total: 35 mins



level 1

### Pantry Items



Balsamic Vinegar



Brown Sugar



Olive Oil



Warm Water



Red Onion



Beef Mince



Garlic



Cumin & Paprika Spice Mix



Baby Spinach Leaves



Pizza Bases



Tomato Paste



Zucchini



Mozzarella Cheese

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QTY	Ingredients
1 tbs	olive oil*
2	red onions, finely sliced
1 ½ tbs	brown sugar*
1 tbs	balsamic vinegar*
1 tbs	warm water*
1 packet	beef mince
2 cloves	garlic, peeled & crushed
½ sachet	cumin & paprika spice mix (recommended amount)
½ bag	baby spinach leaves
3	pizza bases
3 sachets	tomato paste (packed with the pizza bases)
1	zucchini, peeled into ribbons
1 block	mozzarella cheese, grated

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	3560	Kj
Protein	59.2	g
Fat, total	27.6	g
-saturated	12.2	g
Carbohydrate	85.8	g
-sugars	19	g
Sodium	1380	mg

2a

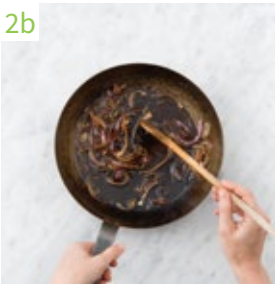


**You will need:** chef's knife, chopping board, garlic crusher, vegetable peeler, box grater, medium saucepan, wooden spoon, large frying pan and spoon.

**1** Preheat the oven to 220°C/200°C fan-forced.

**2** Heat half of the **olive oil** in a medium saucepan over a medium-high heat. Add the **red onion** and cook for **5 minutes**, or until softened and collapsed. Stir through the **brown sugar**, **balsamic vinegar** and **warm water** and reduce the heat to low. Simmer, stirring occasionally, for a further **10 minutes**, or until the mixture becomes sticky. Set aside until ready to use.

2b



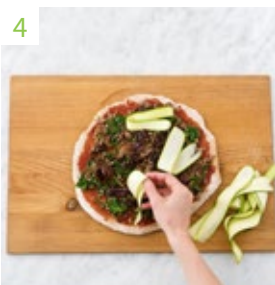
**3** Meanwhile, heat the remaining olive oil in a large frying pan over a medium-high heat. Cook the **beef mince** for **4-5 minutes**, breaking it up with a wooden spoon, or until browned. Stir through the **garlic** and **cumin & paprika spice mix** for **1 minute**, or until fragrant. Add the **baby spinach leaves** and cook for **2-3 minutes**, stirring, until the spinach has wilted. Season to taste with **salt** and **pepper**. Remove the pan from the heat.

3



**4** Lay the **pizza bases**, rough side down, on a flat surface. Use a spoon to spread the pizza bases with **tomato paste**, then top with the cooked mince and baby spinach mixture, **zucchini ribbons**, caramelised onions and grated **mozzarella cheese**. Place the pizzas directly onto the wire racks in the oven and cook for **10 minutes**, or until the base is slightly crispy and the cheese has melted.

4



**5** To serve, cut the pizza into slices and dig in!

**Did you know?** The word "Mozzarella" was first documented in a cookbook by Bartolomeo Scappi in 1570.