



# 3 Cheese Tortizza

with Sweet Potato Wedges and Rocket Salad

Calorie Smart 35 Minutes • 2 of your 5 a day • Under 600 calories



-  Sweet Potato
-  Bell Pepper
-  Cheddar Cheese
-  Double Gloucester
-  Red Leicester
-  Mushrooms
-  Garlic Clove
-  Red Wine Vinegar
-  Tomato Puree
-  Soft Shell Taco
-  Rocket

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Cutting Board, Knife, Baking Tray, Garlic Press, Grater, Frying Pan and Bowls.

## Ingredients

	2P	3P	4P
Sweet Potato	1	2	2
Bell Pepper***	1	2	2
Cheddar Cheese 7)**	30g	45g	60g
Double Gloucester 7)**	30g	45g	60g
Red Leicester 7)**	30g	45g	60g
Mushrooms**	150g	225g	525g
Garlic Clove	1	2	2
Red Wine Vinegar 14)	1 sachet	2 sachets	2 sachets
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Tomato Puree	1 sachet	1½ sachets	2 sachets
Water*	1 tbsp	1½ tbsp	2 tbsp
Soft Shell Taco 13)	4	6	8
Rocket**	40g	60g	80g

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	444g	100 g
Energy (kJ/kcal)	2456 / 587	554 / 132
Fat (g)	26	6
Sat. Fat (g)	13	3
Carbohydrate (g)	71	16
Sugars (g)	13	3
Protein (g)	20	5
Salt (g)	1.53	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

Packed in the UK

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## Prep the Wedges

Preheat your oven to 200°C. Chop the **sweet potatoes** into 2cm wide **wedges** (no need to peel). Pop the **wedges** on a large, low-sided, wide baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Once your oven is hot, roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through. **TIP:** Use two baking trays if necessary, you want the wedges nicely spread out.



## Toss the Salad

Meanwhile put the **red wine vinegar** and **olive oil** (see ingredients list for both amounts) in a large bowl, season with **salt** and **pepper**, mix together with a fork. Combine the **tomato puree** and **water** (see ingredients for amount) in another small bowl.



## Finish the Prep

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Grate the **Cheddar**, **double Gloucester** and **red Leicester** cheeses, set aside. Thinly slice the **mushrooms**. Peel and grate the **garlic** (or use a garlic press).



## Pizza Time

Arrange your **taco bases** (2 per person) on baking trays and cover with the **tomato puree mix**, leaving a 1cm border round the edge. Share the **mushrooms** and **peppers** between the **tortillas**, and sprinkle with all **three cheeses**. Bake the **tortizzas** in the oven until golden and the **cheese** is bubbly, 5-6 mins.



## Cook the Peppers & Mushrooms

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **peppers** and season with **salt** and **pepper**. Stir-fry until soft and browned, 5-6 mins, add the **mushrooms** and season, then stir-fry until browned, 7-8 mins. **TIP:** Do this in batches if your pan is small - you want the mushrooms to fry, not stew. Once the **mushrooms** are cooked, stir in the **garlic** and cook for 1 minute. Remove the pan from the heat and set aside.



## Time to Eat

Add the **rocket** to the **dressing** and toss together. When the **tortizzas** are ready, pop them onto your plates. Serve them with the **sweet potato wedges** and **salad** on the side.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.