






Cooking Made Easy

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## (Frying) Pan Pizza with Tenderstem Broccoli and Fresh Basil

Not so long ago, Patrick headed to one of London's best pizza joints to learn the secrets to perfect Neapolitan pizza from an Italian pro. In Italy, they have the advantage of crazily hot, wood-fired ovens which give you a nice crispy bottom, so the challenge was to re-create that process at home. To see Patrick in action and learn the tricks to kneading dough, head to his video at [www.hellofresh.co.uk/pizza](http://www.hellofresh.co.uk/pizza), and if you have some dough left over, we snuck in an extra garlic clove for you to make garlic butter and little dough balls!

 40 min

 veggie



Yeast



Strong Bread Flour



Garlic Clove



Dried Oregano



Passata



Tenderstem Broccoli



Mozzarella



Basil Leaves



Hard Italian Cheese

## Ingredients

	2P	4P
Yeast	1 tsp	2 tsp
Strong Bread Flour <b>1</b>	300g	600g
Garlic Clove, chopped	2	4
Dried Oregano	1 tsp	2 tsp
Passata	½ cup	1 cup
Tenderstem Broccoli	1 pack	2 packs
Mozzarella <b>2</b>	1 ball	2 balls
Basil Leaves	1 handful	2 handfuls
Hard Italian Cheese <b>2</b>	2 tbsp	4 tbsp

🌱 May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

1) Gluten | 2) Milk

**Nutrition per serving:** Calories: 810 kcal | Protein: 44 g | Carbs: 112 g | Fat: 19 g | Saturated Fat: 11 g



**1** Mix the yeast with 200ml of warm (not hot) water and a pinch of sugar if you have it. Put the flour in a big mixing bowl and stir in 1 tsp of salt. Make a well in the middle of the flour big enough to hold the yeast mixture. Tip the yeast mixture and 1 tbsp of olive oil into the well.



**2** Start bringing the flour in from the sides and mixing it with the water. **Tip:** We use our hands in a claw shape but you could use a wooden spoon. Keep bringing the flour into the water and mixing everything until you have a nice squidgy ball of dough.



**3** Place the dough on a floured work surface and knead it for 5 mins (at least). **Tip:** Kneading simply means streeettttching the dough to make it nice and springy. Hold down the end of the dough nearest to you with your hand and use the palm of the other hand to push the rest of the dough away from you in a long stretching motion, fold it in half and repeat. . . you're now kneading!



**4** Once the dough is ready, leave it in a bowl in a warm place for at least 15 mins to prove. **Tip:** For best results, we recommend leaving it for an hour then giving it another very quick knead before you make the pizzas. If you don't have time for that, 15 mins is fine.

**5** Peel and very, very finely chop your garlic clove. Mix half the garlic and the oregano into the passata with a pinch of salt and pepper. Boil a medium sized pot of water with ¼ tsp salt in preparation for your Tenderstem. **Tip:** You can add the whole clove if you like it really garlicky.

**6** Turn your grill to maximum heat. Divide your dough into two balls and roll it out on a floured surface until nice and thin. Put the pizza base in a frying pan and place this on the hob on high heat. **Tip:** You might need to divide the dough into four balls if you only have a small pan.

**7** Cook the tenderstem broccoli in the boiling water for 90 seconds then drain. Put a light coating of the tomato passata on the pizza base. Tear on some mozzarella and scatter over some drained tenderstem. Cook for a couple of minutes in your frying pan on a medium heat until the base of the pizza is browned off and crusty.

**8** Stick the frying pan on the highest shelf nearest the grill to cook until the mozzarella has completely melted and it's all looking crispy. **Tip:** Watch it like a hawk. . . you don't want a burnt pizza! Top with fresh basil leaves, a drizzle of olive oil and some grated hard Italian cheese to serve, then repeat for the other pizzas!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!