






Enjoy
within
3 days

More Than Food

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Homemade Vegetable Packed HelloFresh Calzone

We're really excited to get you making the HelloFresh calzone! Our good friends at The Northern Dough Company have made this beautiful pizza dough in advance, so that all you need to do is roll it out, top it with tastiness, fold it in half and bake it in your (pizza) oven. Make sure to cook this meal first this week so you get the dough at its absolute freshest!



40 mins



veggie



Red Onion (½)



Red Pepper (½)



Yellow Pepper (½)



Leek (1)



Cherry Tomatoes
(1 punnet)



Flour (1 tbsp)



Northern Dough Co.
Pizza Dough (2 balls)



Tomato Purée
(2 tbsp)




Mozzarella
(1 ball)

Ingredients

2 PEOPLE ALLERGENS

Red Onion, chopped	½	
Red Pepper, chopped	½	
Yellow Pepper, chopped	½	
Leek, chopped	1	
Cherry Tomatoes, halved	1 punnet	
Flour	1 tbsp	Gluten
Northern Dough Co. Pizza Dough	2 balls	Gluten
Tomato Purée	2 tbsp	
Mozzarella, torn	1 ball	Milk

 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

A tomato is a fruit not a vegetable!

Nutrition per serving: Calories: 720 kcal | Protein: 38 g | Carbs: 104 g | Fat: 18 g | Saturated Fat: 10 g

1



1 Pre-heat your oven to 200 degrees. Peel and chop the **onion** into bite-sized chunks. Remove the core from the **peppers** and chop into 3cm chunks. Chop the leafy green part and the base from the **leek** then chop it widthways into 1cm thick discs. Chop the **cherry tomatoes** in half.

3



2 Toss the vegetables in 1½ tbsp of **olive oil** and a good pinch of **salt** and **pepper**. Cook them on a baking tray in the oven for 20 mins.

5



3 Dust the work surface with the **flour** (yep, we thought of everything!), roll the **pizza dough** out into round pizza shapes roughly 25cm across and place on a lightly oiled baking tray. **Tip:** *If you don't have a rolling pin you can always use a wine bottle (or even a tin can at a push!).*

6



4 Spread the **tomato purée** thinly over each pizza base, leaving a border of around 2cm at the edge.

5 Once the veggies are soft and sweet divide them between each pizza base (making sure you only cover one half of each base, so you can fold the other half over). Turn your oven to maximum temperature. Tear the **mozzarella** on top of the vegetables. **Tip:** *To prevent the pizza base getting soggy, be careful not to add any excess water from the vegetables.*

6 Run a wet finger around the border of each pizza then fold them over. Press the edges down to seal and put on the top shelf of the oven for 8-10 mins. Job done!