



Cheesy Pizza

with Garlicky Mushrooms and Tomato Salad

RAPID 20 Minutes • 1 of your 5 a five a day • Veggie

N° 16



Italian Pizza Bases



Mozzarella



Sun-Dried
Tomato Paste



Tomato Puree



Balsamic Vinegar



Baby Plum Tomatoes



Baby Gem



Garlic Clove



Sliced Mushrooms

Before you start

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

Basic cooking tools, you will need:

Baking Tray, Mixing Bowl, Fine Grater (or Garlic Press) and Frying Pan.

Ingredients

	2P	3P	4P
Italian Pizza Bases 7) 13)	2	3	4
Mozzarella 7)**	1 ball	1½ balls	2 balls
Sun-Dried Tomato Paste	1 pot	2 pots	2 pots
Tomato Puree	1 sachet	1 sachet	2 sachets
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Baby Gem**	1	1½	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Sliced Mushrooms**	1 small punnet	1 large punnet	2 small punnets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	438g	100g
Energy (kJ/kcal)	3151/753	720/172
Fat (g)	35	8
Sat. Fat (g)	12	3
Carbohydrate (g)	81	18
Sugars (g)	11	2
Protein (g)	27	6
Salt (g)	2.57	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **13)** Gluten **14)** Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Get Started

a) Preheat your oven to 220°C. Pop your **pizzas** on a large baking tray.

b) Drain the **mozzarella** and pull apart into small pieces. Mix the **tomato puree** and **sundried tomato paste** in a small bowl.

c) Divide the **tomato puree mixture** between your **pizzas**. Use a spoon to spread it out over the **bases**, leaving a 2cm border.



4. Fry the Mushrooms

a) Peel and grate the **garlic** (or use a **garlic press**).

b) Heat a drizzle of **oil** in a frying pan on medium high heat.

c) When hot, add the **sliced mushrooms** and season with **salt** and **pepper**. Stir fry until the **mushrooms** are golden brown, 4-5 mins.

d) Add the **garlic**, stir and cook for 1 more minute. Remove the pan from the heat.



2. Bake!

a) Scatter the **mozzarella** evenly between your **pizza bases**.

b) Bake in your oven until the **cheese** is golden and bubbly, 12-14 mins.



5. Finish off

a) Once the **pizza** is cooked, remove from the oven.

b) Share the **garlic mushrooms** between the pizzas.



3. Make the Salad

a) Meanwhile, put the **balsamic vinegar** in a large bowl and add the **olive oil** (see ingredient list for amount).

b) Season with **salt** and **pepper**. Stir together with a fork.

c) Halve the **tomatoes** and pop them in the bowl with the **dressing**, toss to combine, leave to the side.

d) Trim the root from the **baby gem lettuce** then separate the leaves.



6. Serve

a) Toss the **baby gem leaves** through the bowl with the **tomatoes** and **dressing**.

b) Serve alongside the **pizzas** (or on top if you prefer!).

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.