



# Make Your Own Veggie Pizza

with a White Base, Spinach and Mushrooms



## HELLO MOZZARELLA

*Mozzarella Cheese originated in the Campania region of Italy. It is now more common place to use cows milk*



Onion



Closed Cup Mushrooms



Garlic Clove



Baby Spinach



Crème Fraîche



Pizza Base



Mozzarella



Premium Tomato Mix



Balsamic Vinegar

MEAL BAG

40 mins

3.5 of your 5 a day

Cook within 2 Days of Delivery

Veggie

Jesse loves a white pizza and the rest of the chefs were a little unsure until she produced this DELICIOUS pizza – soft onions and garlicky mushrooms mixed with spinach and crème fraiche on top of our delicious pizza dough. If you don't have a rolling pin, just use a wine bottle wrapped in clingfilm – even Chef Jesse has done this in an emergency situation involving 20 of her friends and a pizza party (with zero rolling pins in sight!).

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## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Baking Tray**, **Fine Grater** (or **Garlic Press**), **Large Frying Pan** and some **Baking Paper**. Now, let's get cooking!



### 1 GET PREPPED

Preheat your oven to 240°C, pop a large baking tray in your oven to warm (use 2 if your trays are small). Halve, peel and thinly slice the **onion**. Thinly slice the **mushrooms**. Peel and grate the **garlic** (or use a garlic press). Heat a drizzle of **oil** in a large frying pan on high heat, add the **mushrooms** and a pinch of **salt**. Stir-fry until golden 3-4 mins. Lower the heat to medium, stir in the **garlic**. Cook for 1 minute then transfer to a small bowl and set aside.



### 2 CARAMELISE THE ONION

Return the now empty frying pan to the heat, add another drizzle of **oil**. When hot, pop the **onion** into the pan and gently cook, stirring occasionally, until softened, 5-6 mins. Increase the heat slightly and cook, stirring, until starting to colour, 2 more mins. Once the **onion** has caramelised, stir in the **spinach** a handful at a time until wilted. Mix in the **crème fraîche**, remove from the heat. Season to taste with **salt** and **pepper**.



### 3 ROLL THE DOUGH

While the **onion** softens, roll out the **pizza dough!** Dust your work surface with some **flour**, if you have some. If not, place the **dough** between two large sheets of baking paper (so it doesn't stick to your work surface!). Roll out into rounds roughly 20cm across (it should be about 1cm thick). **★ TIP:** *If you don't have a rolling pin you can always use a wine bottle wrapped in clingfilm.*



### 4 ASSEMBLE THE PIZZA

Remove the baking tray(s) from your oven, sprinkle some **flour** onto them and lay your **pizza bases** on top (this will help stop the dough sticking). Divide the **creamy sauce** between your **pizza bases**, leaving 1cm gap around the edges. Tear the **mozzarella ball** into pieces. Use one **half** of the **mozzarella** to top both of the **pizza bases** and save the rest for the **salad**. Sprinkle the **mushrooms** all over the top (leaving any juices behind!).



### 5 BAKE

Bake the **pizzas** in your oven until the **dough** is golden and the **cheese** is bubbling, 10-15 mins. In the meantime, halve the **tomatoes** and pop into a large bowl. Sprinkle over a little **salt**, **pepper** and 1 tbsp **olive oil** per person. Add the **balsamic vinegar**. Tear in the remaining **mozzarella** and toss to combine.



### 6 SERVE UP!

Once your **pizzas** are ready, slice them up and enjoy with the **tomato salad** on the side! **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Onion *	2	3	3
Closed Cup	1 small	1 large	2 small
Mushrooms *	punnet	punnet	punnets
Garlic Clove *	1	1	2
Baby Spinach *	1 small bag	1 small bag	1 large bag
Crème Fraîche 7) *	¾ pouch	1 pouch	1½ pouches
Pizza Base 7) 13)	2 balls	3 balls	4 balls
Mozzarella 7) *	1 ball	1½ balls	2 balls
Premium Tomato Mix	1 small punnet	¾ large punnet	1 large punnet
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 688G	PER 100G
Energy (kJ/kcal)	3558 / 851	517 / 124
Fat (g)	35	5
Sat. Fat (g)	18	3
Carbohydrate (g)	105	15
Sugars (g)	19	3
Protein (g)	40	6
Salt (g)	3.68	0.53

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.

### 👍 THUMBS UP OR THUMBS DOWN?

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