



# Two Cheese and Spiced Beef Pizza with Onion and Pepper

Classic 30 Minutes • Little Spice • 1 of your 5 a day

5



Red Onion



Bell Pepper



Garlic



Beef Mince



Central American  
Style Spice Mix



BBQ Sauce



Pizza Bases



Cheddar Cheese



Monterey Jack Cheese



Pizza Sauce

## Before you start

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

## Cooking tools, you will need:

Garlic Press, Frying Pan, Wooden Spoon, Baking Tray, Grater.

## Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Bell Pepper***	1	1½	2
Garlic	1	1	2
Beef Mince**	120g	180g	240g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
BBQ Sauce <b>13)</b>	1 sachet	1 sachet	2 sachets
Pizza Bases <b>13)</b>	2	3	4
Cheddar Cheese <b>7)**</b>	45g	75g	90g
Monterey Jack Cheese <b>7)**</b>	60g	90g	120g
Pizza Sauce	120g	180g	240g

\*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	506g	100g
Energy (kJ/kcal)	4015 /960	793 /190
Fat (g)	36	7
Sat. Fat (g)	16	3
Carbohydrate (g)	122	24
Sugars (g)	13	3
Protein (g)	39	8
Salt (g)	4.12	0.81

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 13) Gluten

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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## Prep the Veg

Preheat your oven to 200°C. Halve, peel and thinly slice the **red onion**. Halve the **pepper** and discard the core and seeds. Slice into thin strips, then chop into roughly 1cm pieces. Peel and grate the **garlic** (or use a **garlic press**).



## Finish the Prep

Meanwhile, pop the **pizza bases** onto a baking tray (use two trays if needed). Grate the **cheeses** and mix together. Spread the **pizza sauce** onto your **bases**, leaving a 1cm border around the edge.



## Cook the Beef

Heat a drizzle of **oil** in a medium frying pan on medium-high heat. When the **oil** is hot, add the **beef mince**. Season with **salt** and **pepper** and cook until browned, 5-6 mins. Use a spoon to break it up as it cooks. Drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.



## Bake

Evenly divide the **beef mixture** between the **pizza bases**, spreading it out to cover the **sauce**. Sprinkle the **cheeses** on top of the **beef**. Bake your **pizzas** on the top shelf of your oven until bubbling and golden, 8-10 mins.



## Make the Topping

Add the **garlic**, **Central American style spice mix** and **BBQ sauce** to the **beef** and stir-fry for 1 min. Add the **peppers** and **onions**, then stir and cook until slightly softened (they'll soften even more in the oven), 3-4 mins. Remove from the heat when done.



## Serve

Cut your **pizzas** into slices and serve on plates or a board.

## 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.