



Veggie Pizza

with Courgette, Red Pepper and Red Onion



HELLO PIZZA

The largest pizza on record in the world was 131 feet in diameter. It was made in Italy by Dovilio Nardi and named Ottavia after Rome's first emperor.



Red Onion



Red Pepper



Courgette



Garlic Clove



Mozzarella



Pizza Base



Tomato Purée



Italian Style Grated Hard Cheese



Rocket

MEAL BAG

30 mins

3 of your 5 a day

Veggie

This particular recipe is a recreation of a pizzas Chef Lizzie ate on a recent holiday to Tuscany, Italy and is guaranteed to become an instant hit in your household. For an authentic Italian taste, our pizza has a thin and crispy based, topped with fresh veg and creamy mozzarella. Serve in the centre of your table, top with peppery rocket and grab a slice before it's gone!

BEFORE YOU START

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



1 PREP THE VEGGIES

Preheat your oven to 220°C. Halve, peel and slice the **red onion** into thin half moons. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Halve the strips widthways. Trim the **courgette** then slice into rounds about ½cm thick. Peel and grate the **garlic** (or use a garlic press). Drain the **mozzarella**, tear it roughly and then pop on a sheet of kitchen paper (so it soaks up the moisture).



2 COAT THE BASE

Put the **pizza base** onto a large baking tray. In a small bowl, stir the **garlic** into the **tomato purée**. Spread evenly onto the **pizza base** using the back of a spoon. Remember to leave space for the **crust!**



3 TOP THE PIZZAS

Place the **veggies** and **mozzarella** over the **tomato purée**, ensuring there is an even covering of **veggies** and **mozzarella**. Finally, scatter over the **Italian style hard cheese**. Season with a good grind of **pepper** and drizzle with a little **olive oil**.



4 BAKE!

Pop the **pizza** onto the top shelf of your oven to cook until the **base** is golden around the edges and the **cheese** is melted and bubbly, about 12-15 mins.



5 SALAD TIME

While the **pizza** cooks, pop the **rocket** in a mixing bowl and toss with the **olive oil** (see ingredients for amount) and a pinch of **salt** and **pepper**. Toss gently to coat the leaves.



6 SERVE

Serve the **pizza** with a handful of **rocket** in the centre of each and any remaining **leaves** on the side. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Onion	1	1	2
Red Pepper	1	2	2
Courgette	1	1½	2
Garlic Clove	1	2	2
Mozzarella 7)	1 ball	1½ balls	2 balls
Pizza Base 13)	1 base	1½ bases	2 bases
Tomato Purée	1 sachet	1½ sachets	2 sachets
Italian Style Grated Hard Cheese 7) 8)	1 pack	1½ packs	2 packs
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Rocket	1 bag	1½ bags	2 bags

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 498G	PER 100G
Energy (kcal)	666	134
(kJ)	2787	560
Fat (g)	28	6
Sat. Fat (g)	14	3
Carbohydrate (g)	69	14
Sugars (g)	13	3
Protein (g)	35	7
Salt (g)	4.39	0.88

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 8) Egg 13) Gluten

🧼 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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BEFORE YOU EAT

You've made it. That delicious dish in front of you is all yours - feel proud. Get the right angle, select the right filter, and snap away. Got it? Share #HelloFreshSnaps