



FEB
2017



Cheeseburger Pizza

with Caramelized Onions and Zucchini Ribbons

Don't let the zucchini throw you off this cheeseburger pizza! Caramelized onions, juicy ground beef, tomato sauce and plenty of cheddar makes this pizza reminiscent of your favourite burger!



prep
35 min



level 1



Ground Beef



Whole-Wheat
Pizza Dough



Red Onion



Balsamic Vinegar



Zucchini



Tomato Pizza Sauce



Cheddar Cheese



All-Purpose Flour

Ingredients

		4 People
Ground Beef		1 pkg (340 g)
Whole-Wheat Pizza Dough	3)	1 pkg (570 g)
Red Onion, sliced		1 pkg (340 g)
Balsamic Vinegar	1)	1 pkg (2 tbsp)
Zucchini		1
Tomato Pizza Sauce		1 pkg (½ cup)
Cheddar Cheese, shredded	2)	1 pkg (227 g)
All-Purpose Flour	3)	1 pkg (4 tbsp)
Sugar*		2 tsp
Olive or Canola Oil*		

*Not Included

Allergens

1) Sulphites/Sulfites

2) Milk/Lait

3) Wheat/Blé

Tools

Large Non-Stick Pan,
Measuring Spoons, Rolling
Pin, 2 Baking Sheets,
Vegetable Peeler

Nutrition per person Calories: 811 cal | Fat: 33 g | Protein: 46 g | Carbs: 83 g | Fibre: 10 g | Sodium: 1182 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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1 Preheat the oven to 425°F (to bake the pizza) and remove the pizza dough from the fridge. Start prepping when the oven comes up to temperature!

2 Caramelize the onions: Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **onions**. Cook, stirring occasionally, until softened, 4-5 min. Reduce the heat to low, then add the **sugar** and **vinegar**. Cook, stirring occasionally, until slightly caramelized, 18-20 min.



3 Roll the dough: Meanwhile, cut the **dough** into two equal pieces. Sprinkle some **flour** on your counter. Using a rolling pin, or a long glass bottle (like a wine bottle!) roll out each dough into a rough ¼-inch thick circle (about 12-inch across). (**TIP:** If you don't have a round baking sheet, roll each dough into rectangles to fit your baking sheet!) Place each rolled dough on its own parchment-lined baking sheet and prick all over with a fork. Bake in the centre of the oven until the crust is lightly golden, 10-12 min.



4 Prep: Meanwhile, **wash and dry all produce**. Using a vegetable peeler, peel long ribbons from the **zucchini**.

5 Add the **ground beef** to the pan with the **caramelized onions**. Increase the heat to medium. Cook, breaking up the meat into smaller pieces with a spoon, until no pink remains, 4-5 min.



6 Assemble pizza: Divide the **tomato sauce** between each **baked pizza dough** and spread the sauce to the edges. Top with the **beef and onion mixture**, **zucchini ribbons** and sprinkle with the **cheese**. Return the **pizzas** to the oven and bake until the cheese is melted, 4-5 min.

7 Finish and serve: Cut the **pizza** into slices and enjoy!

KID-FRIENDLY TIP: If your kids don't like zucchini, assemble one of the pizzas without the zucchini ribbons!

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