

Cherry Tomato, Courgette & Basil Pizza

with Pear & Mixed Leaf Salad

Grab your Meal Kit with this symbol



 Hands-on: **20-30 mins**
Ready in: **35-45 mins**

Add extra flavour to your vegetarian pizza by roasting the veggies first to ensure every bite is a tasty delight. Top the whole thing with basil leaves for a fresh and fragrant flavour so you'll never rely on takeaway again!

Pantry items

Olive Oil, Butter, Brown Sugar, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
courgette	1	2
red onion	1 (medium)	1 (large)
pear	1	2
garlic	2 cloves	4 cloves
tinned cherry tomatoes	1 tin	2 tins
tomato paste	½ packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
balsamic vinegar* (for the sauce)	drizzle	drizzle
water*	1 tbs	2 tbs
pizza bases	1 packet	2 packets
shredded Cheddar cheese	2 packets (100g)	2 packets (200g)
balsamic vinegar* (for the salad)	drizzle	drizzle
mixed salad leaves	1 bag (30g)	1 bag (60g)
basil	1 bunch	1 bunch

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3850kJ (920Cal)	498kJ (119Cal)
Protein (g)	34.9g	4.5g
Fat, total (g)	32.4g	4.2g
- saturated (g)	16.8g	2.2g
Carbohydrate (g)	112g	14.4g
- sugars (g)	28.9g	3.7g
Sodium (mg)	2020mg	261mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Thinly slice the **courgette** into rounds. Thinly slice the **red onion**. Place the **veggies** on an oven tray lined with baking paper, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until tender, **10-15 minutes**.



Bake the pizzas

When the **veggies** are done, carefully remove the wire rack from the oven and place the **pizza bases** directly on the rack, rough side down. Use the back of a spoon to spread evenly with the **pizza sauce** and sprinkle with the **shredded Cheddar cheese**. Top with the roasted **veggies** and **cherry tomatoes**. Bake the **pizzas** on the rack until the cheese is melted slightly and the pizza base is crisp, **10-12 minutes**.

TIP: Placing the pizzas directly on the wire rack helps the base to crisp up.

TIP: Place an oven tray underneath the wire rack to catch any drips!



Get prepped

While the veggies are roasting, thinly slice the **pear**. Finely chop the **garlic**. Drain the **tinned cherry tomatoes**, reserving the **tomato sauce** in a separate bowl.



Make the salad

While the pizzas are baking, combine the **balsamic vinegar (for the salad)** and a drizzle of **olive oil** in a medium bowl. Season with **salt** and **pepper**. Add the **pear** and **mixed salad leaves**, then toss to coat. Set aside. When the pizzas are done, remove from the oven, then season with **salt** and **pepper**.



Make the pizza sauce

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **garlic** and **tomato paste** (see ingredients) until fragrant, **1 minute**. Add the **garlic & herb seasoning**, reserved **cherry tomato sauce**, the **butter**, **brown sugar**, **balsamic vinegar (for the sauce)** and the **water**. Cook until slightly reduced, **1-2 minutes**.



Serve up

Slice the pizzas to serve and tear the **basil** leaves over the top. Serve with the pear salad.

Enjoy!