



SPEEDY GREEN ROCKET & PESTO PIZZA

with Fresh Basil and Crumbled Fetta



Add pesto to pizza



Zucchini



Tomato Paste



Wholemeal Pizza Bases



Traditional Pesto



Fetta



Basil



Rocket Leaves

Pantry Staples: Olive Oil, Balsamic Vinegar, Honey

Hands-on: 20 mins
Ready in: 25 mins

The pizza just screams warmer weather and fresh green ingredients. It's pizza as Italians know it should be – simple, respectful of the ingredients and absolutely delicious.

BEFORE YOU — START

Our fruit and veggies need a **little wash** before you use them!! You will need: **vegetable peeler, small bowl, spoon, oven tray** lined with **baking paper** and a **medium bowl**.



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Peel the **zucchini** into thin ribbons using a vegetable peeler. Pick the **basil** leaves.



2 MAKE THE TOMATO BASE

In a small bowl, combine the **tomato paste** with **2/3 of the balsamic vinegar** and a **good drizzle of olive oil**. **TIP:** Adding balsamic vinegar to tomato paste gives it a sweeter, deeper and richer flavour! Place the **wholemeal pizza bases** on a flat surface, rough side down, and use the back of a spoon to spread evenly with the **tomato paste mixture**.



4 BAKE THE PIZZAS

Place the **pizza** in the oven directly onto the wire racks and cook for **10 minutes**, or until the cheese has melted and the base is crispy.



5 DRESS THE ROCKET

While the pizza is baking, combine the **remaining balsamic vinegar, honey** and **a olive oil (1 tbs for 2 people/ 1 tbs for 4 people)**. in a medium bowl. Season with a **pinch of salt and pepper** and mix well. Add the **rocket leaves** and toss to coat. **TIP:** Add the rocket just before serving to avoid soggy leaves.



3 ADD THE TOPPINGS

Top the pizza with **zucchini** ribbons and dollops of **traditional pesto**. Crumble over the **fetta**.



6 SERVE UP

Slice the pizza into wedges. Sprinkle over the basil. Serve the dressed rocket on the side, or place on top of the pizza if you prefer.

ENJOY!

2|4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
zucchini	1	2
basil	1 bunch	1 bunch
tomato paste	2 sachets (4 tbs)	4 sachets (8 tbs)
balsamic vinegar*	1 ½ tbs	3 tbs
wholemeal pizza bases	2	4
traditional pesto	1 tub (75 g)	1 tub (150 g)
fetta	1 block (100g)	2 blocks (200g)
honey*	½ tsp	1 tsp
rocket leaves	1 bag	1 bag

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3740kJ (894Cal)	817kJ (195Cal)
Protein (g)	30.3g	6.6g
Fat, total (g)	42.1g	9.2g
- saturated (g)	11.3g	2.5g
Carbohydrate (g)	93.7g	20.5g
- sugars (g)	15.4g	3.4g
Sodium (g)	1880mg	411mg

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