



ROASTED PESTO VEGGIE PIZZA

with Mozzarella & Rocket



Toss roasted vegetables
with pesto



Red Capsicum



Courgette



Red Onion



Traditional Pesto
(Vegetarian)



Pizza Bases



Pizza Sauce



Mozzarella Cheese



Rocket Leaves

Hands-on: 15 mins
Ready in: 45 mins

Add extra flavour to your vegetarian pizza by roasting the veggies first and tossing them with pesto – it ensures every bite is a tasty delight. Top the whole thing with lightly dressed rocket leaves for crunch and a fresh peppery flavour and you'll never rely on takeaway again!

Pantry Staples: Olive Oil, Balsamic Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **oven tray** lined with **baking paper**



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Thinly slice the **red capsicum**. Cut the **courgette** into 1cm half-moons. Cut the **red onion** into 1cm wedges. **TIP:** Cut the veggies to the correct size to ensure they cook in the allocated time. Grate the **mozzarella cheese** (see ingredients list).



2 ROAST THE VEGGIES

Place the **red capsicum**, **courgette** and **onion** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with a **pinch of salt** and **pepper**. Toss to coat then roast for **18-20 minutes**, or until tender.



3 TOSS WITH PESTO

Transfer the roasted **vegetables** to a medium bowl. Add the **traditional pesto** and toss well to combine.



4 MAKE THE PIZZAS

Carefully remove the wire racks from the oven. Place the **pizza bases** on the wire racks, rough-side down, and use the back of a spoon to spread evenly with the **pizza sauce**. Top the pizzas with the **pesto vegetables**, then sprinkle over the grated **mozzarella cheese**. **TIP:** Make sure to spread the ingredients evenly over the pizza to prevent a soggy base!



5 BAKE THE PIZZAS

Bake the pizzas for **10 minutes**, or until the cheese is melted and the base is crisp. **TIP:** Placing the pizzas directly onto the wire racks helps the base crisp up. While the pizzas are baking, combine the **balsamic vinegar** and **olive oil** (**2 tsp for 2 people / 4 tsp for 4 people**). Add the **rocket leaves** and toss well to combine. **TIP:** Toss the salad just before serving to keep the leaves crisp.



6 SERVE UP

Top the pizzas with the rocket leaves, then slice. **TIP:** Serve the rocket leaves on the side if you prefer!

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red capsicum	1	2
courgette	1	2
red onion	1	2
mozzarella cheese	½ block (100 g)	1 block (200 g)
traditional pesto (vegetarian)	1 tub (50 g)	1 tub (100 g)
pizza bases	2	4
pizza sauce	1 sachet (150 g)	2 sachets (300 g)
balsamic vinegar*	1 tsp	2 tsp
rocket leaves	1 bag (30 g)	1 bag (60 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2930kJ (701Cal)	505kJ (121Cal)
Protein (g)	25.5g	4.4g
Fat, total (g)	27.8g	4.8g
- saturated (g)	5.8g	1.0g
Carbohydrate (g)	85.8g	14.8g
- sugars (g)	13.2g	2.3g
Sodium (g)	1190mg	204mg

For allergens and ingredient information, visit HelloFresh.co.nz/recipes

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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