



# Roasted Pumpkin & Crumbly Cheese Pizza

with Caramelised Onion & Rocket-Pear Salad

Grab your Meal Kit with this symbol



Courgette



Peeled & Chopped Pumpkin



Red Onion



Pizza Bases



Pizza Sauce



Shredded Cheddar Cheese



Pear



Rocket Leaves



Greek Salad Cheese/  
Feta Cheese

Hands-on: **15-25 mins**  
Ready in: **35-45 mins**

This pizza combines bright, roasted veggies and two types of cheese for a flavourful vegetarian 'Za'. It might not be pizza as Italians know it, but it sure does hit the spot.

### Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

## 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
courgette	1	2
peeled & chopped pumpkin	1 bag (400g)	1 bag (800g)
salt*	¼ tsp	½ tsp
red onion	1 (medium)	1 (large)
balsamic vinegar* (for the onion)	1 tbs	2 tbs
water*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
pizza bases	2	4
pizza sauce	1 packet (140g)	2 packets (280g)
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
pear	1	2
rocket leaves	1 bag (60g)	1 bag (120g)
balsamic vinegar* (for the salad)	½ tbs	1 tbs
Greek salad cheese/ feta cheese	½ packet (25g)	1 packet (50g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2926kJ (699Cal)	421kJ (100Cal)
Protein (g)	26.4g	3.8g
Fat, total (g)	23.7g	3.4g
- saturated (g)	10.7g	1.5g
Carbohydrate (g)	88.6g	12.7g
- sugars (g)	29.6g	4.3g
Sodium (mg)	1571mg	226mg

The quantities provided above are averages only.

## Allergens

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

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



## Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Thinly slice the **courgette** into rounds. Place the **courgette, peeled & chopped pumpkin**, the **salt** and a drizzle of **olive oil** on a lined oven tray. Season with **pepper**. Toss to coat, then spread out evenly. Roast until just tender, **15-20 minutes**.



## Bake the pizzas

Top the pizzas evenly with the roasted **pumpkin, courgette** and the caramelised **onion**. Sprinkle the **shredded Cheddar cheese** over the pizzas. Place the **pizzas** directly onto the wire oven racks and bake until the cheese is melted and golden, **10-12 minutes**.

**TIP:** Placing the pizzas directly onto the wire racks helps the base to crisp up.



## Caramelize the onion

While the veggies are roasting, thinly slice the **red onion**. In a large frying pan, heat a drizzle of **olive oil** over a medium heat. Cook the **onion**, stirring, until softened, **5-6 minutes**. Add the **balsamic vinegar (for the onion), water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**.



## Dress the salad

While the pizzas are baking, thinly slice the **pear**. In a medium bowl, combine the **pear, rocket leaves, balsamic vinegar (for the salad)** and a drizzle of **olive oil**. Toss to coat and season.



## Prep the pizzas

Lay the **pizza bases** on a flat surface, rough side down. Spread the **pizza sauce** evenly across the pizza bases using the back of a spoon.



## Serve up

Crumble the **cheese** (see ingredients) over the pizzas. Cut the pizzas into slices and divide between plates. Serve with the rocket and pear salad.

**TIP:** Garnish your pizzas with a little of the salad if you like!

Enjoy!