



Make Your Own Veggie Pizza

with a White Base, Spinach and Mushrooms



HELLO MOZZARELLA

Mozzarella Cheese originated in the Campania region of Italy. It is now more common place to use cows milk



Onion



Closed Cup Mushrooms



Garlic Clove



Baby Spinach



Crème Fraîche



Pizza Base



Mozzarella



Premium Tomato Mix



Balsamic Vinegar

MEAL BAG

40 mins

3.5 of your 5 a day

Cook within 2 Days of Delivery

Veggie

Jesse loves a white pizza and the rest of the chefs were a little unsure until she produced this DELICIOUS pizza – soft onions and garlicky mushrooms mixed with spinach and crème fraiche on top of our delicious pizza dough. If you don't have a rolling pin, just use a wine bottle wrapped in clingfilm – even Chef Jesse has done this in an emergency situation involving 20 of her friends and a pizza party (with zero rolling pins in sight!).

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BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Baking Tray**, **Fine Grater** (or **Garlic Press**), **Large Frying Pan** and some **Baking Paper**. Now, let's get cooking!



1 GET PREPPED

Preheat your oven to 240°C, pop a large baking tray in your oven to warm (use 2 if your trays are small). Halve, peel and thinly slice the **onion**. Thinly slice the **mushrooms**. Peel and grate the **garlic** (or use a garlic press). Heat a drizzle of **oil** in a large frying pan on high heat, add the **mushrooms** and a pinch of **salt**. Stir-fry until golden 3-4 mins. Lower the heat to medium, stir in the **garlic**. Cook for 1 minute then transfer to a small bowl and set aside.



2 CAMELISE THE ONION

Return the now empty frying pan to the heat, add another drizzle of **oil**. When hot, pop the **onion** into the pan and gently cook, stirring occasionally, until softened, 5-6 mins. Increase the heat slightly and cook, stirring, until starting to colour, 2 more mins. Once the **onion** has caramelised, stir in the **spinach** a handful at a time until wilted. Mix in the **crème fraîche**, remove from the heat. Season to taste with **salt** and **pepper**.



3 ROLL THE DOUGH

While the **onion** softens, roll out the **pizza dough!** Dust your work surface with some **flour**, if you have some. If not, place the **dough** between two large sheets of baking paper (so it doesn't stick to your work surface!). Roll out into rounds roughly 20cm across (it should be about 1cm thick). **★ TIP:** *If you don't have a rolling pin you can always use a wine bottle wrapped in clingfilm.*



4 ASSEMBLE THE PIZZA

Remove the baking tray(s) from your oven, sprinkle some **flour** onto them and lay your **pizza bases** on top (this will help stop the dough sticking). Divide the **creamy sauce** between your **pizza bases**, leaving 1cm gap around the edges. Tear the **mozzarella ball** into pieces. Use one **half** of the **mozzarella** to top both of the **pizza bases** and save the rest for the **salad**. Sprinkle the **mushrooms** all over the top (leaving any juices behind!).



5 BAKE

Bake the **pizzas** in your oven until the **dough** is golden and the **cheese** is bubbling, 10-15 mins. In the meantime, halve the **tomatoes** and pop into a large bowl. Sprinkle over a little **salt**, **pepper** and 1 tbsp **olive oil** per person. Add the **balsamic vinegar**. Tear in the remaining **mozzarella** and toss to combine.



6 SERVE UP!

Once your **pizzas** are ready, slice them up and enjoy with the **tomato salad** on the side! **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Onion *	2	3	3
Closed Cup	1 small	1 large	2 small
Mushrooms *	1 punnet	1 punnet	1 punnets
Garlic Clove *	1	1	2
Baby Spinach *	1 small bag	1 small bag	1 large bag
Crème Fraîche 7) *	¾ pouch	1 pouch	1½ pouches
Pizza Base 7) 13)	2 balls	3 balls	4 balls
Mozzarella 7) *	1 ball	1½ balls	2 balls
Premium Tomato Mix	1 small punnet	¾ large punnet	1 large punnet
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 688G	PER 100G
Energy (kJ/kcal)	3558 / 851	517 / 124
Fat (g)	35	5
Sat. Fat (g)	18	3
Carbohydrate (g)	105	15
Sugars (g)	19	3
Protein (g)	40	6
Salt (g)	3.68	0.53

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 13) Gluten 14) Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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