

Hello
FRESH

MAY
2017

Spring Veggie Pizzette

with Basil Pesto and Grape Tomato Salad

Spring is in the air! And this meal is the very picture of spring. Our pizzette is loaded with colourful zucchini and a delicious tomato salad is served on the side. What more could you want?

 Prep
30 min

 Veggie



Whole-Wheat
Pizza Dough



Zucchini



Yellow Zucchini



Basil Pesto



Parsley



Lemon



Mozzarella
Cheese



Grape Tomatoes



Basil-Oregano
Blend



All-Purpose Flour

Ingredients

		2 People	4 People
Whole Wheat Pizza Dough	1)	1 pkg (280 g)	2 pkg (560 g)
All-Purpose Flour	1)	1 pkg (2 tbsp)	2 pkg (4 tbsp)
Zucchini		1	2
Yellow Zucchini		1	2
Basil Pesto	2)3)	½ pkg (¼ cup)	1 pkg (½ cup)
Parsley		1 pkg (10 g)	1 pkg (10 g)
Lemon		1	2
Mozzarella Cheese, shredded	2)	1 pkg (½ cup)	2 pkg (1 cup)
Cherry Tomatoes		1 pkg (255 g)	2 pkg (510 g)
Basil-Oregano Blend		1 pkg (1 tsp)	2 pkg (2 tsp)
Sugar*		½ tsp	1 tsp
Olive or Canola Oil*			

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Milk/Lait
- 3) Treenuts/Noix

Tools

Rolling Pin, Baking Sheet, Zester, Large Pan, Large Bowl, Measuring Spoons

Ruler

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Nutrition per person Calories: 610 cal | Fat: 25 g | Protein: 23 g | Carbs: 82 g | Fibre: 12 g | Sodium: 1308 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Preheat the oven to 425°F (to bake the pizza) and remove the pizza dough from the fridge. Start prepping when the oven comes up to temperature!



2 Roll the dough: Sprinkle some **flour** on your counter. Using a rolling pin, or a long glass bottle (like a wine bottle!), roll out the **dough** into a rough ¼-inch thick rectangle. Place it on a parchment-lined baking sheet and prick all over with a fork. Bake in the centre of the oven until the crust is lightly golden, 10-12 min. (If you're making pizza for 4 people, use 2 baking sheets – one for each pizza dough.)



3 Prep and cook the veggies: Meanwhile, **wash and dry all produce**. Zest, then juice the **lemon**. Cut the **zucchinis** in half lengthwise, then into ¼-inch slices. Heat a large non-stick pan over medium-high heat. Add the **zucchini** to the dry pan. Cook, stirring occasionally, until golden-brown, 8-10 min. Season with **salt** and **pepper**. (Depending on the size of your pan, you may need to do this in batches.)



4 Assemble the flatbread: When the **flatbread crust** is done baking, spread **half pkg pesto** (1 pkg for 4 people) over the par-baked dough. Top with the **zucchini**, then sprinkle with the **mozzarella** and **lemon zest**. Season with **salt** and **pepper**. Return to the oven and bake until the cheese melts, 5-6 min

5 Assemble the salad: Meanwhile, roughly chop the **parsley**. Cut the **tomatoes** in half. In a large bowl, mix the **tomatoes** with the **herb blend**, **sugar**, **half the parsley**, **2 tbsp lemon juice** (double for 4 people) and a drizzle of **oil**. Season with **salt** and **pepper**.

6 Finish and serve: Cut the **flatbread** into pieces and sprinkle with the **remaining parsley**. Serve alongside the **tomato salad**. Enjoy!

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