



Everything
But The Chef

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Pumpkin, Rocket & Provolone Pizza

Forget the excessively saucy, topping-heavy pizzas from fast food joints; here's a tasty 'pizza bianca', traditionally a pizza without a tomato base. Made with good quality, flavoursome ingredients, each bite packs a punch of flavour. We've even included wholemeal bases so you can enjoy it guilt free.



Pantry Items: Olive Oil

Prep: 10 mins
Cook: 35 mins
Total: 45 mins

level 1
high fibre
high protein



Pumpkin



Garlic



Wholemeal Pizza Bases



Semi-Dried Tomatoes



Zucchini



Provolone Cheese



Rocket

2P	4P	Ingredients
1 portion	2 portions	pumpkin, peeled & cut into 1 cm cubes
1 ½ tbs	3 tbs	olive oil *
1 clove	2 cloves	garlic, peeled & crushed
2	4	10" wholemeal pizza bases
⅓ cup	⅔ cup	semi-dried tomatoes, halved
1	2	zucchini, peeled into ribbons
100 g	200 g	Provolone cheese, grated
1 bag	2 bags	rocket, washed

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	4270	Kj
Protein	35.7	g
Fat, total	48.1	g
-saturated	13.4	g
Carbohydrate	103	g
-sugars	19.2	g
Sodium	1560	mg

Measuretool

0 cm	1 cm	2 cm



You will need: chopping board, chef's knife, garlic crusher, vegetable peeler, box grater, oven tray lined with baking paper, and a small bowl.

1 Preheat the oven to **200°C/180°C** fan-forced oven.

2 Toss the **pumpkin** in half of the **olive oil**, season with **salt** and **pepper** and place in a single layer on the lined oven tray. Cook in the oven for **20 minutes** or until tender. Remove the pumpkin and increase the oven to **220°C/200°C** fan-forced.



3 Combine the remaining olive oil and **garlic** in a small bowl and spread over the smooth side of each **wholemeal pizza base**. Divide the roasted pumpkin, **semi-dried tomatoes**, **zucchini ribbons** and **Provolone cheese** evenly between the bases. Place the pizza bases directly onto the wire racks in the oven to achieve a crispy base. Cook in the oven for **10-15 minutes** or until the Provolone cheese has melted and the bases are golden.

4 Remove the pizza from the oven and top with the fresh **rocket leaves**.



5 To serve, cut the pizza into slices, divide between plates and tuck in!



Did you know? While pizza has its roots in Italy, many countries have their own version of bread with toppings - India coined the paratha and the Greeks, plakous.