



UCOOK

Artichoke & Feta Pizza

with spinach & red onion

This delectable pizza features a perfectly baked crust, adorned with luscious tomato passata. Tangy artichoke hearts mingle harmoniously with crumbled feta cheese, creating a delightful medley of savoury & briny notes. The earthy spinach completes this flavour-packed masterpiece. Prepare to savour a slice of pure pizza perfection.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Veggie

 Waterford Estate | Waterford Old Vine Chenin Blanc

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Ingredients & Prep

1	Onion <i>½ peeled & finely sliced</i>
40g	Spinach <i>rinsed</i>
1	Pizza Base <i>kept frozen</i>
100ml	Tomato Passata
50g	Grated Mozzarella Cheese
25g	Artichoke Hearts <i>drained & roughly chopped</i>
25g	Danish-style Feta <i>drained</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. ONION & SPINACH Preheat the oven to 220°C. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sliced onion until soft, 3-4 minutes (shifting occasionally). Add the rinsed spinach. Fry until the excess liquid has evaporated and the spinach has wilted, 2-3 minutes (shifting occasionally). Season.

2. PERFECT PIZZA Remove the pizza base from the freezer. Evenly smear with the tomato passata. Sprinkle over the grated cheese. Top with the onion & spinach mix and the chopped artichokes. Crumble over the drained feta. Carefully slide the base directly onto the oven rack and cook until the cheese has melted and the base is crispy, 7-10 minutes.

3. SEASON AND ENJOY Finish the pizza with a crack of black pepper and a pinch of salt. Slice up and enjoy, Chef!

Nutritional Information

Per 100g

Energy	527kJ
Energy	126kcal
Protein	6g
Carbs	14g
of which sugars	3.2g
Fibre	1.9g
Fat	4.8g
of which saturated	2.8g
Sodium	268mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days