



UCCOOK

Butternut & Caramelised Onion Pizza

with green leaves, crispy chickpeas & crème fraîche

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Veggie: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Waterford Estate | Waterford Old Vine
Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	576kJ	4265kJ
Energy	138kcal	1020kcal
Protein	4.8g	35.5g
Carbs	18g	133g
of which sugars	3.2g	23.8g
Fibre	2.5g	18.6g
Fat	4.1g	30.2g
of which saturated	1.9g	14.4g
Sodium	213mg	1577mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
60g	120g	Chickpeas <i>drain & rinse</i>
250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
10ml	20ml	NOMU Cajun Rub
1	1	Onion <i>peel & finely slice</i>
1	2	Pizza Base/s <i>keep frozen</i>
50g	100g	Mozzarella Cheese <i>grate</i>
30ml	60ml	Crème Fraîche
20g	40g	Green Leaves <i>rinse</i>
15ml	30ml	Pesto Princess Chimichurri Sauce

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Butter (optional)
Sugar/Sweetener/Honey
Seasoning (salt & pepper)

1. CAJUN-SPICED VEG Preheat the oven to 200°C. Spread the chickpeas and the butternut on a roasting tray. Coat in oil and the NOMU rub. Roast in the hot oven until cooked through and crisping up, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. SWEEET CARAMELISED, BUH, BUH, BUH! Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until soft and caramelised, 7-9 [9-12] minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, cover, and set aside.

3. TIME TO ASSEMBLE YOUR PIZZA When the veg is done, remove the pizza base from the freezer. Sprinkle over the cheese. Top with the caramelised onion, the roasted butternut, and the crispy chickpeas. Slide directly onto the oven rack and bake until the cheese is melted and golden, and the base is crispy, 6-9 minutes.

4. FINISH THE TOPPINGS Season the crème fraîche and set aside. Toss the green leaves with a drizzle of olive oil and seasoning. Loosen the chimichurri with olive oil in 10ml [20ml] increments until drizzling consistency.

5. IT'S CRUNCH TIME! Place the crispy pizza on a board or plate. Dollop over the crème fraîche and drizzle over the chimichurri. Scatter over the dressed green leaves. Finish off with a crack of black pepper. Grab a slice, Chef!