



UCCOOK

Butternut & Caramelised Onion Pizza

with green leaves, crispy chickpeas & crème fraîche

A crispy base crammed with melted mozzarella, roasted butternut, caramelised onion, crispy chickpeas, chimichurri, and crème fraîche. This veggie medley will have your feet tapping under the table!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

Veggie

Waterford Estate | Waterford Old Vine Chenin Blanc

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Ingredients & Prep

| | |
|------|---|
| 60g | Chickpeas <i>drain & rinse</i> |
| 250g | Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i> |
| 10ml | NOMU Cajun Rub |
| 1 | Onion <i>peel & finely slice ½</i> |
| 1 | Pizza Base <i>keep frozen</i> |
| 50g | Mozzarella Cheese <i>grate</i> |
| 30ml | Crème Fraîche |
| 20g | Green Leaves <i>rinse</i> |
| 15ml | Pesto Princess Chimichurri Sauce |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Tinfoil
Butter (optional)
Sugar/Sweetener/Honey

1. CAJUN-SPICED VEG Preheat the oven to 200°C. Spread the drained chickpeas and the butternut pieces on a tinfoil-lined 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).

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 sliced onion until soft and caramelised, 7-9 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 has finished roasting, remove the pizza base from the freezer. Sprinkle over the grated 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 rinsed green leaves with a drizzle of olive oil and seasoning. Loosen the chimichurri with olive oil in 10ml 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!



Chef's Tip

Air fryer method: Coat the butternut & chickpeas in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 578kJ |
| Energy | 138kcal |
| Protein | 4.8g |
| Carbs | 18g |
| of which sugars | 3.2g |
| Fibre | 2.5g |
| Fat | 4.1g |
| of which saturated | 1.9g |
| Sodium | 213mg |

Allergens

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

Eat
Within
4 Days