



UCOOK

Artichoke & Basil Pesto Pizza

with jalapeño relish

Pizza dough is rolled out and formed into a delicious base. After crisping up, the pizza is smeared with sour cream and topped with silky onions, earthy artichokes, a spicy jalapeño relish, and tangy sun-dried tomatoes. Finished with dollops of Pesto Princess Basil Pesto. There will be no complaints around the table tonight, Chef!

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jade Summers

Veggie

Stettyn Wines | Stettyn Family Range Pinotage

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Ingredients & Prep

1	Onion <i>peel & roughly slice</i>
1	Pizza Dough Ball
30ml	Sour Cream
60g	Artichoke Quarters <i>drain & roughly chop</i>
15ml	Jalapeño Relish
20g	Sun-dried Tomatoes <i>drain & roughly chop</i>
30ml	Pesto Princess Basil Pesto

From Your Kitchen

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

1. SILKY ONION Preheat the oven to 220°C. Place a pan over medium heat with a drizzle of oil. When hot, fry the sliced onion until golden, 4-5 minutes (shifting occasionally).

2. HANDMADE PIZZA Sprinkle a flat surface with a little bit of flour. Using a rolling pin, roll out the pizza dough to form a round base. Place the base on an oven tray and brush lightly with olive oil. Pop in the oven and bake until golden and crispy, 10-15 minutes. Remove from the oven.

3. TASTY TOPPINGS Smear the sour cream over the base, top with onions, the chopped artichokes, jalapeño relish, and the sun-dried tomatoes. Season and return to the oven to bake until the toppings are warmed through, 3-4 minutes.

4. GRAB A SLICE Finish with dollops of pesto, and cut. Tuck in, Chef!

Nutritional Information

Per 100g

Energy	902kJ
Energy	216kcal
Protein	6.7g
Carbs	37g
of which sugars	4.4g
Fibre	1.8g
Fat	4.8g
of which saturated	1.1g
Sodium	439mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Tree Nuts, Cow's Milk

Eat
Within
3 Days