



# UCCOOK

## Vegetarian Three Cheese Pizza

with honey & fresh herbs

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Samantha du Toit

**Wine Pairing:** Paul Cluver | Village Chardonnay

### Nutritional Info

	Per 100g	Per Portion
Energy	801kj	4437kj
Energy	192kcal	1062kcal
Protein	8.4g	46.6g
Carbs	20g	108g
of which sugars	5g	27.7g
Fibre	2.1g	11.8g
Fat	8g	44.4g
of which saturated	4.4g	24.3g
Sodium	263mg	1457mg

**Allergens:** Cow's Milk, Gluten, Allium, Sesame, Wheat

**Spice Level:** Mild

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
30ml	40ml	White Sesame Seeds
2	2	Onions <i>peel &amp; finely slice 1½ [2]</i>
8g	10g	Fresh Thyme <i>rinse &amp; pick</i>
3	4	Pizza Bases
3	4	Garlic Cloves <i>peel &amp; grate</i>
150ml	200ml	Tomato Passata
150g	200g	Mozzarella Cheese <i>grate</i>
150g	200g	Cheddar Cheese <i>grate</i>
90g	120g	Brie Cheese <i>slice lengthways</i>
30ml	40ml	Honey
60g	80g	Green Leaves <i>rinse</i>
3	4	Fresh Chillies <i>rinse, trim, deseed &amp; finely slice</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water

1. **OPEN SESAME** Preheat the oven to 220°C. Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

2. **GOLDEN ONION** Return the pan to medium heat with a drizzle of oil. Fry the onion until golden, 4-5 minutes (shifting occasionally).

3. **HERBS, CHEESE, & HONEY** Remove the pizza base/s from the freezer. Rub the base with a drizzle of olive oil and the garlic. Pour the tomato passata over the base, smearing it to the edges, and sprinkle over the thyme. Top with the onion. Scatter over the mozzarella, cheddar cheese and the brie. Drizzle over the honey. Carefully slide the base directly onto the oven rack and cook for 7-10 minutes, or until the base is crispy and the cheese is melted.

4. **PERFECT PIZZA** Top your pizza with the green leaves. Scatter over the sesame seeds and the chilli (to taste). Add a final grind of black pepper and a pinch of salt. Bon appetit, Chef!