



UCOOK

Pizza Bianca & Jerusalem Artichokes

with caramelised onion, crème fraîche & goat's cheese

In Italy, pizza bianca means “white pizza” and doesn’t include a tomato sauce. Instead, we’ve given you garlic-laced crème fraîche and melted goat’s cheese. Can it get better? With toppings of balsamic-infused Jerusalem artichokes, lemony leaves, and peas, it can!

Hands-On Time: 35 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

 Vegetarian

 Delheim Wines | Merlot

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Ingredients & Prep

200g	Jerusalem Artichokes (Sunchokes) <i>scrubbed clean, trimmed & peeled (optional)</i>
1	Garlic Clove
1g	Fresh Rosemary <i>rinsed</i>
10g	Sunflower Seeds
1	Onion <i>peeled & finely sliced</i>
15ml	Balsamic Vinegar
50g	Peas
20g	Salad Leaves <i>rinsed & gently shredded</i>
1	Lemon <i>one ½ cut into wedges</i>
60ml	Crème Fraîche
1	Pizza Base
50g	Goat's Cheese

From Your Kitchen

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

1. SPECIAL SUNCHOKES Preheat the oven to 200°C. Place a roasting tray for the pizza in the oven and leave to heat up. Cut the small trimmed sunchokes in half and cut the larger ones into quarters. Place on a second roasting tray with the unpeeled garlic clove and the rinsed rosemary. Coat in oil, season, and spread out in a single layer. Roast in the hot oven for 30-35 minutes.

2. ALL IN THE PAN Place the seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. Return the pan to a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 7-9 minutes until caramelised, shifting occasionally. At the halfway mark, add a small splash of water, a sweetener of choice to taste, and some seasoning. Remove from the pan on completion, cover to keep warm, and set aside.

3. HALFWAY TO FLAVA TOWN When the sunchokes reach the halfway mark, drizzle over the balsamic vinegar and give them a shift. Return to the oven for the remaining time until crisp on the outside and tender in the middle. Return the pan to a medium heat with a drizzle of oil if necessary. When hot, fry the peas for 1-2 minutes until heated. Place in a bowl with the shredded salad leaves. Toss together with olive oil, lemon juice, and seasoning. Set aside for serving.

4. IT'S HEATING UP When the sunchokes are ready, remove from the oven and discard the thick rosemary stalks. Turn on the grill setting at its maximum temperature. Discard the garlic skin, roughly chop the flesh, and place in a small bowl. Mix in the crème fraîche, season, and set aside.

5. OH SO CHEESY Slide the pizza base onto the heated tray and par bake for 3-5 minutes until light gold. Remove from the oven and flip over, leaving the tray inside to keep hot. Spread over the garlic crème, and top with the sunchokes, caramelised onion, and goat's cheese. Slide back onto the tray and bake for 6-8 minutes until the cheese is melted and the base is crispy – make sure it doesn't burn!

6. YOU'VE ARRIVED! Place the delectable pizza on a board and scatter over the pea salad. Garnish with the toasted sunflower seeds and any remaining lemon wedges. Slice up and dig in!



Chef's Tip

The skin of Jerusalem artichokes, or sunchokes, is edible and its naturally earthy flavour is part of their charm. However, if you don't like it, simply peel them! If you do keep the skin on, the sunchokes should still be trimmed to remove any hairs or unwanted knobs.

Nutritional Information

Per 100g

Energy	666kJ
Energy	159Kcal
Protein	5.1g
Carbs	20g
of which sugars	5.7g
Fibre	2.3g
Fat	6.2g
of which saturated	3.4g
Sodium	135mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 1
Day