



UCCOOK

Artichoke & Basil Pesto Pizza

with jalapeño relish

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Veggie: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Waterford Estate | Waterford Grenache
Noir

Nutritional Info

	Per 100g	Per Portion
Energy	875kJ	4940kJ
Energy	209kcal	1181kcal
Protein	6.6g	37.4g
Carbs	36g	203g
of which sugars	4.3g	24.2g
Fibre	1.8g	10.1g
Fat	5g	28.4g
of which saturated	1.4g	7.7g
Sodium	421mg	2376mg

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

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions <i>peel & roughly slice</i>
3	4	Fresh Dough Balls
150ml	200ml	Sour Cream
180g	240g	Artichoke Quarters <i>drain & roughly chop</i>
30ml	40ml	Jalapeño Relish
60g	80g	Sun-dried Tomatoes <i>drain & roughly chop</i>
90ml	125ml	Pesto Princess Basil Pesto

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Flour

Rolling Pin

Seasoning (salt & pepper)

1. **SILKY ONION** Preheat the oven to 220°C. Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 6-7 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 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!