



UCOOK

Double Veggie Pizza

with charred greens, caramelised onion & camembert

Look, we're indecisive too sometimes, so we get it when all you want is a crispy kale, charred baby marrow and feta pizza with lashings of basil pesto AND that gooey oozy creamy camembert and mozzarella with caramelised onion. We got you, we do.

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Ella Nasser

 Vegetarian

 Warwick Wine Estate | First Lady Chardonnay

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Ingredients & Prep

3	Onions <i>peeled & finely sliced</i>
120g	Kale <i>rinsed & roughly shredded</i>
300g	Baby Marrow <i>rinsed, trimmed & cut into bite-sized chunks</i>
15ml	NOMU Italian Rub
375ml	Tomato Passata
3	Pizza Bases
120g	Grated Mozzarella
180g	Fairview Camembert <i>sliced</i>
120g	Danish-style Feta <i>drained</i>
8g	Fresh Parsley <i>rinsed & finely sliced</i>
2	Fresh Chillies <i>deseeded & finely chopped</i>
45ml	Pesto Princess Basil Pesto

From Your Kitchen

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

1. DELISH CARAMELISED ONION Preheat the oven to 200°C. Place a pan over a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 9-12 minutes until soft and caramelised, shifting occasionally. At the halfway mark, add a sweetener of choice to caramelise it further. Remove from the pan on completion, cover, and set aside to keep warm.

2. KALE & MARROWS Place the shredded kale in a bowl with a drizzle of oil and some seasoning. Using your hands, gently massage until softened and coated in oil. Set aside. Lightly coat the baby marrow chunks in oil, ½ of the Italian rub and seasoning. Place a pan over a high heat. When hot, cook the chunks for 3-5 minutes until charred.

3. SAUTÉED GREENS Return the pan to a medium heat. When hot, sauté the kale for 3-5 minutes until wilted. Remove from the pan and return to the bowl. Cover with a plate and set aside to keep warm until serving. Mix the remaining Italian rub through the tomato passata and set aside.

4. GOLDEN BASE Place a large roasting tray in the oven to heat up. Turn the oven up to its maximum temperature. Slide the pizza bases onto the heated tray and par bake for 3-5 minutes until lightly golden. Remove the bases from the oven.

5. ASSEMBLE THE PIZZA Flip the bases onto the other side, smear with the tomato passata. Scatter one half with grated mozzarella. Top with caramelised onions and sliced camembert. Top the other side with sautéed kale, charred baby marrow and crumbled feta. Place back into the oven and bake for 6-8 minutes until the cheese is melted and golden and the bases are crispy.

6. HALF & HALF FEASTING! Serve this double take pizza, topped with the remaining chopped parsley, chopped chillies and drizzled basil pesto. Slice and eat up!

Nutritional Information

Per 100g

Energy	648kJ
Energy	155Kcal
Protein	7.5g
Carbs	15g
of which sugars	4.5g
Fibre	2.3g
Fat	7.4g
of which saturated	3.8g
Sodium	312mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat,
Sulphites, Tree Nuts

Cook
within
4 Days