



UCOOK

Biltong & Caramelised Onion Pizza

with crispy kale & pickled peppers


A classic pizza base of tomato passata and goey mozzarella, jazzed up with a topping of caramelised onions, pickled peppers, lekker local biltong, and peppery green leaves. A perfectly balanced umami tsunami of pizza.

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Alex Levett

 Easy Peasy

 Haute Cabrière | Pinot Noir Unwooded

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Ingredients & Prep

2	Onions <i>1½ peeled & finely sliced</i>
150g	Kale <i>rinsed & shredded</i>
3	Pizza Bases
375ml	Tomato Passata
22,5ml	NOMU Italian Rub
150g	Pickled Bell Peppers <i>drained & roughly chopped</i>
375g	Grated Mozzarella Cheese
150g	Free-range Beef Biltong <i>roughly chopped</i>
60g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. CARAMELISE & PREP Preheat the oven to its maximum temperature. 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. Place the kale in a bowl with a drizzle of oil and gently massage. Season and set aside.

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

3. TIME TO ASSEMBLE Flip the bases onto the other side, smear evenly with the tomato passata and sprinkle over the Italian rub to taste. Scatter over the massaged kale, caramelized onions, chopped pickled peppers and grated mozzarella cheese. Place back into the oven and bake for 6-8 minutes until the cheese is melted and golden and the bases are crispy.

4. PIZZA TIME! Top the cooked pizza with the biltong slices, and rinsed green leaves. Well done, chef!

Nutritional Information

Per 100g

Energy	715kJ
Energy	171Kcal
Protein	11.1g
Carbs	18g
of which sugars	5.5g
Fibre	2.8g
Fat	5.5g
of which saturated	2.8g
Sodium	424mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days