



# UCCOOK

## 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!

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**Hands-On Time:** 40 minutes

**Overall Time:** 50 minutes

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**Serves:** 2 People

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**Chef:** Megan Bure

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 Vegetarian

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 Delheim Wines | Merlot

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## Ingredients & Prep

400g	Jerusalem Artichokes (Sunchoke) <i>scrubbed clean, trimmed &amp; peeled (optional)</i>
2	Garlic Cloves
2g	Fresh Rosemary <i>rinsed</i>
20g	Sunflower Seeds
2	Onions <i>peeled &amp; finely sliced</i>
30ml	Balsamic Vinegar
100g	Peas
40g	Salad Leaves <i>rinsed &amp; gently shredded</i>
1	Lemon <i>cut into wedges</i>
125ml	Crème Fraîche
2	Pizza Bases
100g	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 large roasting tray for the pizzas in the oven and leave to heat up. Cut the small trimmed sunchoke in half and cut the larger ones into quarters. Place on a second roasting tray with the unpeeled garlic cloves 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 9-12 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 sunchoke 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 2-3 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 sunchoke 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 bases 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 sunchoke, caramelised onion, and goat's cheese. Slide back onto the tray and bake for 6-8 minutes until the cheese is melted and the bases are crispy – make sure they don't burn!

**6. YOU'VE ARRIVED!** Place the delectable pizzas on some boards 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 sunchoke, 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 sunchoke 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