



# 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.

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**Hands-On Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Ella Nasser

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 Vegetarian

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 Warwick Wine Estate | First Lady Chardonnay

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## Ingredients & Prep

1	Onion <i>peeled &amp; finely sliced</i>
40g	Kale <i>rinsed &amp; roughly shredded</i>
100g	Baby Marrow <i>rinsed, trimmed &amp; cut into bite-sized chunks</i>
5ml	NOMU Italian Rub
125ml	Tomato Passata
1	Pizza Base
40g	Grated Mozzarella
65g	Fairview Camembert <i>sliced</i>
40g	Danish-style Feta <i>drained</i>
3g	Fresh Parsley <i>rinsed &amp; finely sliced</i>
1	Fresh Chilli <i>deseeded &amp; finely chopped</i>
15ml	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 7-9 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 2-3 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 base onto the heated tray and par bake for 3-5 minutes until lightly golden. Remove the base from the oven.

**5. ASSEMBLE THE PIZZA** Flip the base 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 base is 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