



QCOOK

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: Piekienierskloof | Grenache Noir

| Nutritional Info | Per 100g | Per Portion |
|-------------------------|----------|-------------|
| Energy | 875kj | 4791kj |
| Energy | 209kcal | 1145kcal |
| Protein | 6.7g | 36.9g |
| Carbs | 37g | 203g |
| of which sugars | 4.5g | 24.4g |
| Fibre | 1.9g | 10.2g |
| Fat | 4.5g | 24.5g |
| of which saturated | 1g | 5.7g |
| Sodium | 437mg | 2394mg |

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

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 |
| 90ml | 125ml | Sour Cream |
| 180g | 240g | Artichoke Quarters <i>drain & roughly chop</i> |
| 45ml | 60ml | 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)
Seasoning (salt & pepper)
Water
Flour
Rolling Pin

- 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 some flour. Using a rolling pin, roll out the pizza dough to form round thin bases. 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 bases, 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!

Chef's Tip When you begin prepping to cook, remove your dough from the fridge and set aside to come to room temperature.