

UCOOK

Peppery Pizza Bianca

with pearled onions & sun-dried tomatoes

An easy yet super delicious vegan pizza! It is topped with luscious béchamel sauce, flavoursome balsamic pearled onions, sun-dried tomato, salty Kalamata olives, and bright green leaves. A big grind of black pepper elevates this rich pizza to the next level! A true taste of Italy, but make it vegan!


Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Ella Nasser

 Veggie

 Creation Wines | Creation Sauvignon Blanc/Semillon

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Ingredients & Prep

3	Baby Onions
40ml	Cake Flour
125ml	Almond Milk
15ml	Nutritional Yeast
10ml	Balsamic Vinegar
1	Pizza Base <i>kept frozen</i>
30g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
25g	Pitted Kalamata Olives <i>drained & halved</i>
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Dairy-free Butter (optional)
Milk or Milk Alternative (optional)

1. VEGAN BÉCHAMEL Preheat the oven to 200°C. Peel the baby onions and cut into quarters — but don't remove the tip that keeps the layers joined together. Set the onions aside. Place a small pot over a medium heat with 40g of butter, butter alternative, or coconut oil. Once melted, vigorously whisk in the flour to form the roux. Cook out for 1-2 minutes, stirring constantly. Slowly whisk in the almond milk and $\frac{3}{4}$ of the nutritional yeast, stirring constantly until thickened slightly. If the béchamel is too thick for your liking, add an extra splash of water or milk. Season to taste and remove from the heat on completion.

2. BALSAMIC ONIONS Place a pan over a medium heat with a drizzle of oil and a knob of butter or butter alternative (optional). When hot, fry the quartered onions for 5-8 minutes until soft, browned and caramelised, shifting occasionally. At the halfway mark, add a splash of the balsamic vinegar to caramelise it further. Remove from the heat on completion, cover, and set aside to keep warm.

3. LET'S MEET BIANCA When the onions are done, remove the pizza base from the freezer. Smear on the béchamel sauce. Top with the chopped sun-dried tomatoes, the caramelised onions and the halved olives. Carefully slide the base directly onto the oven rack and cook for 7-10 minutes, or the base is crispy.

4. YOU WANNA PIZZA ME? Garnish your pizza bianca with the rinsed green leaves and a drizzle of the remaining balsamic vinegar (to taste). Sprinkle over the remaining nutritional yeast. Add a final grind of black pepper and a pinch of salt. Bon appetit, Chef!

Nutritional Information

Per 100g

Energy	606kJ
Energy	145kcal
Protein	4.8g
Carbs	25g
of which sugars	4.8g
Fibre	2.8g
Fat	2.4g
of which saturated	0.4g
Sodium	218mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook
within
4 Days