



UCCOOK

Artichoke & Feta Pizza

with spinach & red onion

This delectable pizza features a perfectly baked crust, adorned with luscious tomato passata. Tangy artichoke hearts mingle harmoniously with crumbled feta cheese, creating a delightful medley of savoury & briny notes. The earthy spinach completes this flavour-packed masterpiece. Prepare to savour a slice of pure pizza perfection.


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Thea Richter

 Veggie

 Waterford Estate | Waterford Old Vine Chenin Blanc

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Ingredients & Prep

| | |
|-------|--|
| 1 | Onion <i>1½ peeled & finely sliced</i> |
| 120g | Spinach <i>rinsed</i> |
| 3 | Pizza Bases <i>kept frozen</i> |
| 300ml | Tomato Passata |
| 150g | Grated Mozzarella Cheese |
| 75g | Artichoke Hearts <i>drained & roughly chopped</i> |
| 75g | Danish-style Feta <i>drained</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. ONION & SPINACH Preheat the oven to 220°C. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sliced onion until soft, 4-5 minutes (shifting occasionally). Add the rinsed spinach. Fry until the excess liquid has evaporated and the spinach has wilted, 3-4 minutes (shifting occasionally). Season.

2. PERFECT PIZZA Remove the pizza bases from the freezer. Evenly smear with the tomato passata. Sprinkle over the grated cheese. Top with the onion & spinach mix and the chopped artichokes. Crumble over the drained feta. Carefully slide the bases directly onto the oven rack and cook until the cheese has melted and the base is crispy, 7-10 minutes.

3. SEASON AND ENJOY Finish the pizzas with a crack of black pepper and a pinch of salt. Slice up and enjoy, Chef!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 527kJ |
| Energy | 126kcal |
| Protein | 6g |
| Carbs | 14g |
| of which sugars | 3.2g |
| Fibre | 1.9g |
| Fat | 4.8g |
| of which saturated | 2.8g |
| Sodium | 268mg |

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days