



QCOOK

Artichoke & Basil Pesto Pizza

with jalapeño relish

Hands-on Time: 35 minutes

Overall Time: 40 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.