






More Than Food
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Homemade Caramelised Red Onion, Goat's Cheese and Rocket Flatbread Pizza

The city of Paris is associated with an array of different things, from love and romance to Victor Hugo's 'The Hunchback of Notre Dame'. But for our Victoria, a trip many years ago to France's capital, led to her associating the banks of the Seine with goat's cheese and caramelised onion tarts. Not a bad association if you ask us! She took those flavours and ran with it - in the form of this ever so tasty flatbread pizza.



45 mins



veggie



healthy



Red Onion (3)



Honey (1½ tbsp)



Yeast Sachet (1 tsp)



Flour (350g)



Goat's Cheese (½ log)



Oregano (3 tbsp)



Tomato Purée
(4 tbsp)



Rocket (1 bag)

Ingredients

	2 PEOPLE	ALLERGENS
Red Onion, chopped	3	
Honey	1½ tbsp	
Yeast Sachet	1 tsp	
Flour	350g	Gluten
Goat's Cheese	½ log	Milk
Oregano	3 tbsp	
Tomato Purée	4 tbsp	
Rocket	3 handfuls	

Nutrition per serving: Calories: 833 kcal | Protein: 24 g | Carbs: 167 g | Fat: 10 g | Saturated Fat: 6 g

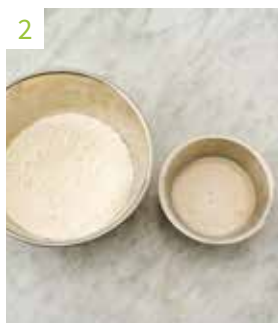
🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

If you see 'rucola' or 'arugula' for sale or on a restaurant menu - it's the same thing as rocket.



1 Cut the **onions** in half through the root, remove the skin and chop. Put 2½ tbsp of **oil** in a frying pan on low heat, and add the **onions** and ¼ tsp of **salt**. Leave to slowly caramelize for 25 mins, stirring occasionally, ensuring they don't burn. Add the **honey** at the end and cook for a further 3-5 mins.



2 Meanwhile, mix the **yeast** with 200ml of warm (not hot) water and a pinch of sugar (if you have it). Put 300g of **flour** (ensuring you still have some leftover for later!) in a big mixing bowl and stir in 1 tsp of **salt**. Make a well in the middle of the **flour** big enough to hold the yeast mixture.



3 Tip the yeast mixture and 1 tbsp of **olive oil** into the well, then slowly start moving the **flour** in from the sides and mixing it with the liquid. Keep moving the **flour** into the liquid and mixing thoroughly, until you have a nice squidgy ball of dough.

4 Place the dough on a floured work surface and knead it for 5 mins (at least!). **Tip:** *Kneading simply means streeettttching the dough to make it springy.* Hold down the end of the dough nearest to you with one hand and use the palm of your other hand to push the rest of the dough away from you in a stretching motion. Fold it in half and repeat. You're now kneading!



5 Once the dough is ready, leave it in a bowl in a warm place for at least 15 mins to prove. **Tip:** *For best results, you can leave it a little longer!*

6 Meanwhile, pre-heat your oven to its maximum temperature and put two lightly oiled baking trays in the oven, with a large piece of tin foil on each, ready for the pizza bases. Pick the **oregano** leaves.

7 When the pizza dough is ready, dust the work surface with the remaining **flour**, divide the dough into two balls and roll them out on the floured surface, until nice and thin - roughly 25cm across. **Tip:** *If you don't have a rolling pin you can always use a wine bottle.*

8 Spread the **tomato purée** thinly over each pizza base. Divide the caramelized onions between each pizza base and top with the **oregano** and crumble over as much **goat's cheese** as you like!

9 Pop both pizza bases on top of the lightly oiled pre-heated baking trays, on the top shelf of the oven, for 8-10 mins. Once cooked, top with a handful of **rocket** leaves and a drizzle of **olive oil**. Job done!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!