



BEEF AND CARMELIZED ONION PIZZA

with Carrots and Spring Salad



HELLO PIZZA NIGHT

One-up your local parlour by DIY-ing your way to easy homemade pizza

PREP: 20 MIN | TOTAL: 40 MIN | CALORIES: 791



Ground Beef



Pizza Dough



Red Onion, sliced



Balsamic Vinegar



Carrot



Tomato Pizza Sauce



Cheddar Cheese



All-Purpose Flour



Spring Mix

BUST OUT

- Large Non-Stick Pan
- Grater
- Measuring Spoons
- Sugar (2½ tsp)
- Large Bowl
- Salt
- Rolling Pin
- Pepper
- 2 Baking Sheets
- Olive or Canola oil

INGREDIENTS

4-person

- Ground Beef 1 pkg (250 g)
- Pizza Dough 1 1 pkg (570 g)
- Red Onion, sliced 1 pkg (340 g)
- Balsamic Vinegar 9 1 ½ bottle (3 tbsp)
- Carrot 170 g
- Tomato Pizza Sauce 1 pkg (⅔ cup)
- Mozzarella, shredded 2 1 pkg (2 cup)
- All-Purpose Flour 1 1 pkg (4 tbsp)
- Spring Mix 1 pkg (113 g)

ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

- 0 Seafood/Fruit de Mer
- 5 Tree Nut/Noix
- 1 Wheat/Blé
- 6 Mustard/Moutarde
- 2 Milk/Lait
- 7 Peanut/Cacahuète
- 3 Egg/Oeuf
- 8 Sesame/Sésame
- 4 Soy/Soja
- 9 Sulphites/Sulfites

START STRONG

Preheat the oven to **450°F** (to bake the pizza) and remove the pizza dough from the fridge. Start prepping when the oven comes up to temperature!



1 ROLL DOUGH

Wash and dry all produce. Cut the **dough** into two equal pieces. Sprinkle the **flour** on your counter. Using a rolling pin or a long glass bottle (like a wine bottle!), roll out each dough into a 12-inch circle. (**TIP:** If you don't have a round baking sheet, roll each dough into 1/4-inch thick rectangles to fit your baking sheet.)



4 COOK BEEF

Meanwhile, coarsely grate the **carrot**. Add the **ground beef** to the **caramelized onions**. Increase the heat to medium-high. Cook, breaking the meat up into smaller pieces with a spoon, until no pink remains, 4-5 min. Stir in the carrot. Cook, stirring occasionally, until softened, 1-2 min. Season with **salt** and **pepper**.



2 BAKE DOUGH

Place each **rolled dough** over two parchment-lined baking sheets and prick all over with a fork. Bake in the centre of the oven until the crust is lightly golden, 15-16 min.



5 ASSEMBLE PIZZA

Divide the **tomato sauce** between each baked **pizza crust** and spread the sauce to the edges. Top with the **beef mixture**, then sprinkle with **cheese**. Return the pizzas to the oven and bake until the cheese is melted, 4-5 min.



3 COOK ONIONS

Meanwhile, heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **onions**. Cook, stirring occasionally, until softened, 4-5 min. Reduce the heat to low, then add **2 tsp sugar** and **1 bottle vinegar**. Cook, stirring occasionally, until the onions are brown and tastes sweet, 12-14 min.



6 FINISH AND SERVE

In a large bowl, whisk **1 tbsp vinegar**, **½ tsp sugar** with a drizzle of **oil**. Add the **spring mix**. Toss to coat. Cut the **pizzas** into slices and serve with the **spring salad** on the side.

SURPRISE!

The carrots blend right in with the cheese.