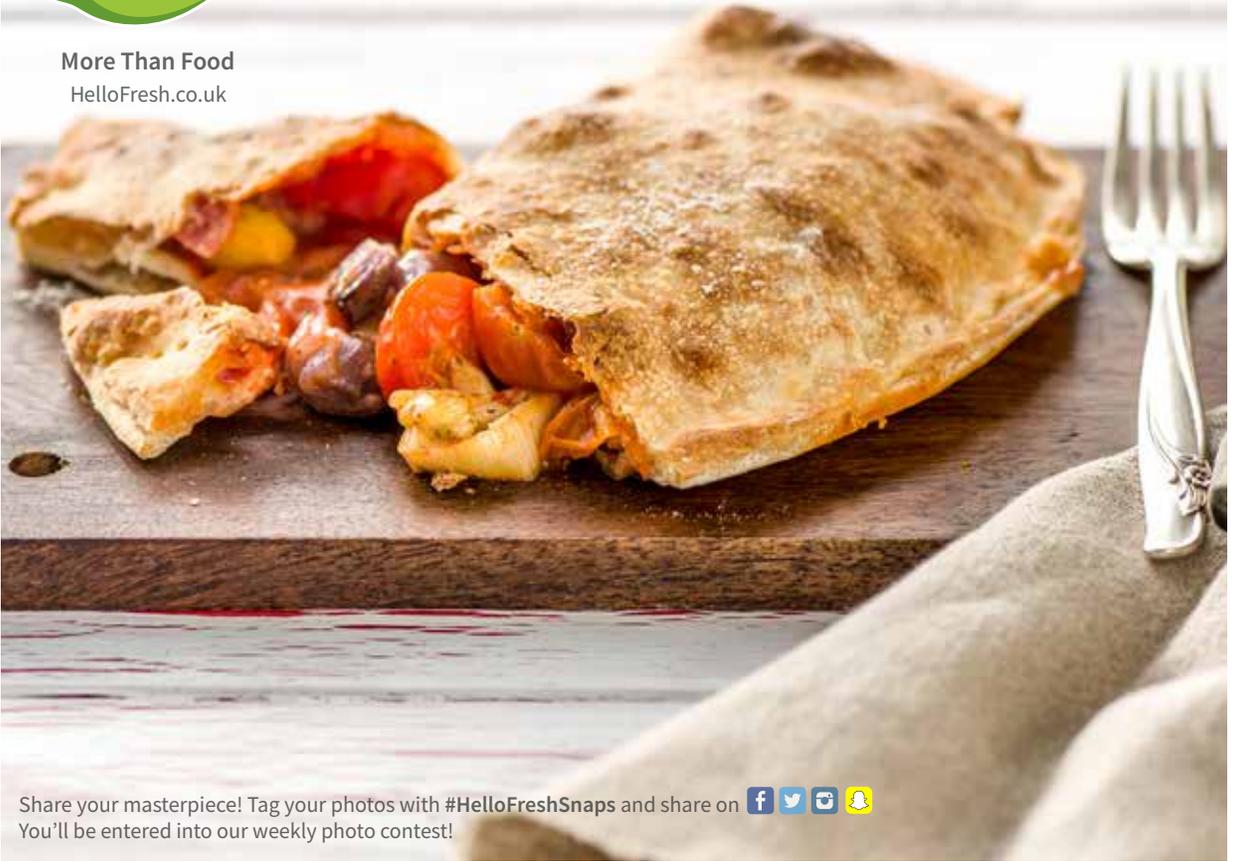




More Than Food
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Homemade Vegetable Packed Calzone

We're really excited to get you making the HelloFresh calzone! Our good friends at The Northern Dough Company have made this beautiful pizza dough in advance, so that all you need to do is roll it out, top it with tastiness, fold it in half and bake it in your (pizza) oven. Make sure to cook this meal first this week so you get the dough at its absolute freshest!

 40 mins

 3 of your 5 a day

 veggie

 eat within 3 days

 mealkit



Red Onion
(1)



Red Pepper
(1)



Leek
(1)



Plum Tomatoes
(1 punnet)



Flour
(1 tbsp)



Pizza Dough
(2 balls)



Tomato Purée
(2 tbsp)



Mozzarella Cheese
(1 ball)



Dried Italian Herbs
(½ tbsp)

2 PEOPLE INGREDIENTS

- Red Onion, chopped **1**
- Red Pepper, chopped **1**
- Leek, sliced **1**
- Plum Tomatoes, halved **1 punnet**
- Flour **1 tbsp**

- Pizza Dough **2 balls**
- Tomato Purée **2 tbsp**
- Mozzarella Cheese **1 ball**
- Dried Italian Herbs **½ tbsp**

 Our fruit and veggies may need a little wash before cooking!

Did you know...
A tomato is a fruit not a vegetable!

Allergens: Milk, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	465 kcal / 1957 kJ	18 g	10 g	58 g	9 g	24 g	2 g
Per 100g	101 kcal / 424 kJ	4 g	2 g	13 g	2 g	5 g	0 g



1 Preheat your oven to 200 degrees. Peel and chop the **red onion** into bite-sized chunks. Remove the core from the **red pepper** and chop into 3cm chunks. Cut the leafy green part and the base from the **leek**, then slice it widthways into 1cm thick discs. Cut the **cherry tomatoes** in half.



2 Toss your **veggies** in a glug of **olive oil** and a good pinch of **salt** and **black pepper**. Pop them on a baking tray on the top shelf of your oven for 20 mins.

3 Dust your work surface with the **flour** (yep, we thought of everything!), roll each **pizza dough ball** out into a round pizza shape roughly 25cm across, and place on a lightly oiled baking tray. **Tip:** *If you don't have a rolling pin you can always use a wine bottle (or even a tin can at a push!).*



4 Spread the **tomato purée** thinly over each **pizza base**, leaving a border of around 2cm at the edge.

5 Once your **veggies** are soft, remove from your oven and divide them between each **pizza base** (making sure you only cover one half of each base, so you can fold the other half over). Turn your oven to maximum temperature. Tear the **mozzarella cheese** on top and sprinkle over the **Italian herbs**. **Tip:** *To prevent the pizza base getting soggy, be careful not to add any excess water from the vegetables.*



6 Run a wet finger around the border of each **pizza base** then fold over. Press the edges down to seal and put on the top shelf of your oven for 8-10 mins. Job done!

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