



RED PEPPER AND SWEETCORN PIZZA

with Rocket and Tomato Salad



HELLO OLIVES

Black and green olives are the same thing - black ones are just riper when they're picked!



Pizza Bases



Tomato Passata



Red Pepper



Sweetcorn



Mozzarella



Black Olives



Baby Plum Tomatoes



Rocket



Balsamic Vinegar

Let's be real, everyone loves pizza. Preparing your pizza at home is super simple and fun, plus it means you get fresh, flavourful ingredients making it taste even better. For this recipe, we've combined sweet roasted red pepper with sweetcorn for that added crunch. Sprinkle over some olives for a salty tang and serve with a side salad to keep things fresh!

20 mins

3 of your 5 a day

Rapid recipe

MEAL BAG

16

GET **PREPARED!**

Preheat the Oven to 220°C.

BEFORE YOU START

- Preheat the Oven to 220°C.
 - Wash the veggies.
 - Make sure you've got a Large Baking Tray and Sieve.
- Let's start cooking the **Red Pepper and Sweetcorn Pizza with Rocket and Tomato Salad**.



1 PREP

- Preheat your oven to 200°C. Put the **pizza bases** on a large baking tray(s).
- Divide the **tomato passata** between the **bases** and spread out with a spoon, leaving a small border clear.
- Season generously with **black pepper**.



2 CHOP CHOP

- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Drain and rinse the **sweetcorn** in a sieve.
- Drain the **mozzarella** and roughly tear.



3 TOP THE PIZZA

- Divide the **red pepper, three quarters** of the **sweetcorn, mozzarella** and **olives** between the **pizza bases**.
- Bake the **pizzas** on the top shelf of your oven until bubbling, 9-10 mins.



4 SALAD TIME

- Meanwhile, chop the **baby plum tomatoes** in half.
- Put the **tomatoes**, remaining **sweetcorn** and **rocket** in a bowl with the **balsamic vinegar** and **olive oil** (see ingredients for amount).
- Season with a pinch of **salt** and **pepper**, toss to coat and set aside.



5 FINISH UP

- When the **pizzas** are ready, remove from the oven.
- Grind over some **pepper** and get ready to serve.



6 SERVE

- Serve the **red pepper** and **sweetcorn pizzas** topped with a handful of **rocket, tomato and sweetcorn salad**.

Enjoy!

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Pizza Bases 7) 13)	2	3	4
Tomato Passata	½ carton	¾ carton	1 carton
Red Pepper *	1	1	2
Sweetcorn *	1 small tin	¾ large tin	1 large tin
Mozzarella 7) *	1 ball	1½ balls	2 balls
Black Olives *	1 pack	1½ packs	2 packs
Baby Plum Tomatoes	1 small punnet	¾ large punnet	1 large punnet
Rocket *	1 bag	1½ bags	2 bags
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets
Olive Oil*	1	1½	2

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 560G	PER 100G
Energy (kJ/kcal)	3521/842	629/150
Fat (g)	37	7
Sat. Fat (g)	13	2
Carbohydrate (g)	95	17
Sugars (g)	19	3
Protein (g)	29	5
Salt (g)	3.33	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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HelloFresh UK

Packed in the UK

The Fresh Farm
60 Worship St, London EC2A 2EZ

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