



Veggie Calzone

with Red Pepper and Leek



HELLO LEEK

The Roman Emperor Nero believed eating leeks would improve his singing voice.



Red Onion



Red Pepper



Leek



Cherry Tomatoes



Flour



Pizza Dough



Tomato Purée



Mozzarella Cheese



Dried Italian Herbs

40 mins

eat within 3 days

4 of your 5 a day

Veggie

We get pretty excited about pizza at the Fresh Farm. We're partial to a pie too. But a pizza-pie hybrid? Wow! The deliciousness is almost overwhelming! As a folded pizza, the calzone combines the best of both worlds. Its name comes from the Italian word for 'trouser-leg' or 'stocking', so called because it's stuffed full of good things. Cook it as your first meal this week so you get the dough at its freshest. Enjoy!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Baking Trays**. Now, let's get cooking!



1 PREP TIME

Preheat your oven to 200°C and pop a baking tray (two if you're cooking for three or four) on the middle shelf to heat up. Halve, peel and chop the **red onion** into bite-sized chunks. Halve, then remove the core from the **red pepper** and chop into 3cm chunks. Remove the root and dark green tops from the **leek** then slice into 1cm thick discs. Cut the **cherry tomatoes** in half.



2 ROAST THE VEGGIES

Put the veggies on another baking tray, drizzle with **oil** and season with **salt** and **black pepper**. Toss to coat evenly then roast on the top shelf of your oven for 20 mins.



3 ROLL OUT THE DOUGH

Dust your work surface with the **flour** and roll each **dough ball** into a circle roughly 25cm across and about ½cm thick. **★ 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 TOMATO TIME!

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



5 ASSEMBLE THE CALZONES

Once your **veggies** are soft, remove from your oven and divide them between each pizza base (make sure you only cover one half, so you can fold the other half over). Turn your oven up to 220°C. Tear the **mozzarella cheese** over the **veggies** and sprinkle on the **Italian herbs**. **★ TIP:** *To prevent the pizza base getting soggy, be careful not to add any excess water from the vegetables.*



6 COOK THE CALZONES

To make your **calzones**, run a wet finger around the border of each pizza base, then fold over the uncovered half and press the edges down. Roll the edges back over on themselves to seal tightly. Remove the hot baking tray from your oven and carefully transfer the **calzones**. Make a little hole in the top of each with a knife so the steam can escape. Bake on the top shelf of your oven for 15 mins. **Eat immediately!**

2 PEOPLE INGREDIENTS

Red Onion, chopped	1
Red Pepper, chopped	1
Leek, sliced	1
Cherry Tomatoes, halved	1 punnet
Flour ¹⁾	1 tbsp
Pizza Dough ^{1) 7)}	2 balls
Tomato Purée	30g
Mozzarella Cheese, Torn ⁷⁾	1 ball
Dried Italian Herbs	1½ tsp

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	751	114
(kJ)	3185	484
Fat (g)	18	3
Sat. Fat (g)	10	2
Carbohydrate (g)	110	17
Sugars (g)	20	3
Protein (g)	39	6
Salt (g)	3.56	0.54

ALLERGENS

1)Gluten 7)Milk

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

You made this, now show it off! Share your creations with us:

