

Vegan Pizza Parmigiana

with Olives and Fresh Basil

hellóchef

Inspired by the Italian eggplant bake, this pizza is topped with tender roasted eggplant, rich tomato sauce and plenty of vegan cheese.

Cals 1029 • Prot 25 • Carbs 171 • Fat 29

Vegan

hellochef.com • 04-825-44-00 • hello@hellochef.com

🕒 cook: 45 min

R3059



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Dough	2 ppl	3 ppl	4 ppl	
Semolina 10* , 11*	30	45	60	Grams
Plain flour 10* , 11*	10	15	20	Grams
Pizza dough ball 10* , 11*	2	3	4	Piece
Sauce				
Olive oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp
Tomato passata	200	400	400	Grams
Garlic paste	10	15	20	Grams
Dried oregano	2	2	4	Grams
Agave syrup	10	20	20	Grams
Toppings				
Eggplant	1	1	2	Piece
Olive oil	1	2	2	Tbsp
Salt	0.5	1	1	Tsp
Vegan mozzarella	100	150	200	Grams
Kalamata olives	40	60	80	Grams
Fresh basil	15	15	30	Grams

Allergens

*10 Wheat, *11 Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	4305 / 1029
Fat (g)	28.9
of which saturates (g)	5.7
Carbohydrate (g)	171
of which sugars (g)	15.8
Fiber (g)	10.3
Protein (g)	24.8
Salt (g)	1.7

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Roast eggplants

Preheat the oven to 220°C/200°C fan. Preheat your baking trays. Slice the **eggplants** in half lengthways, then finely slice them. Place the **eggplants** on a baking tray, drizzle generously with **olive oil** and season with **salt**. Bake for 15 min until softened.

Tip! Remove the pizza dough from the fridge at least 10 min before cooking. Allowing the dough come to room temp makes it easier to roll out.



2 Make sauce

Meanwhile, in a bowl, combine the **tomato passata, olive oil, garlic paste, oregano, agave** and **salt**. Set aside.



3 Roll pizza

Sprinkle half of the **semolina** onto a clean surface. Sprinkle the **flour** onto a rolling pin and roll out the **dough balls**, then allow them to rest for 3 min. After 3 min, continue to roll out the **dough** until roughly the size of a dinner plate. Sprinkle the remaining **semolina** onto the pre-heated baking trays. Carefully transfer the rolled out **dough** onto the trays. Spoon over the **tomato sauce**.



4 Bake

Top the **pizza base** with the **vegan mozzarella**, roasted **eggplants** and **olives**. Brush the crust with **olive oil**. Bake for 20 min or until the crust begins to crisp and brown. Once baked, garnish the **pizza** with the **fresh basil** leaves.