

# Vegan Artichoke and Spinach Pizza

Spinach and artichoke are two of our all-time favourite pizza toppings!

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Cals 1011 • Prot 28 • Carbs 174 • Fat 24

Vegan

🕒 30 min

R17



## Before you start

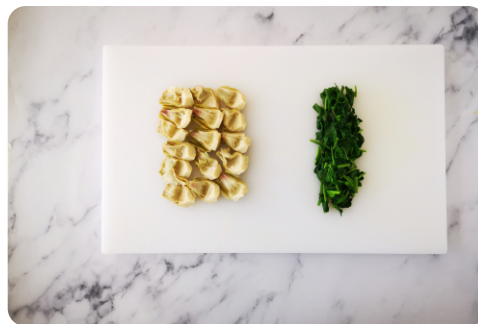
Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

## Ingredients

Dough	2 ppl	3 ppl	4 ppl	
Semolina	30	45	60	Grams
Pizza dough ball	2	3	4	Piece
Plain flour	10	15	20	Grams
Olive oil	0.5	0.5	1	Tbsp
Sauce				
Tomato passata	200	400	500	Grams
Olive oil	1	2	2	Tbsp
Garlic powder	2	4	4	Grams
Dried oregano	2	2	2	Grams
Brown sugar	5	10	10	Grams
Salt	0.5	1	1	Tsp
Toppings				
Artichoke hearts	240	240	480	Grams
Spinach	100	200	200	Grams
Salt	0.5	0.5	1	Tsp
Vegan mozzarella	100	150	200	Grams
Fresh basil	15	15	15	Grams

## Allergens

May contain the following items and their products: crustaceans, peanuts, soybeans, tree nuts, sesame seeds, fish, eggs, milk, gluten, celery, mustard, sulphur dioxide and sulphites.



### 1 Prep toppings

Preheat the oven to 220°C/200°C fan. Preheat your baking trays. Drain and quarter each **artichoke**. Chop the washed **spinach** roughly. Heat a pan over a medium heat. Add the **spinach** with a pinch of **salt** and cook for 3-4 min or until wilted. Set aside to cool.



### 2 Make sauce

In a bowl, combine the **tomato passata**, **olive oil**, **garlic powder**, **dried oregano** and **brown sugar** with the **salt**. This is your **tomato sauce**.



### 3 Roll out 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 shredded **mozzarella**, **artichokes** and **spinach**. Brush the crust with **olive oil**. Bake for 20 min or until the crust begins to crisp and brown.



### 5 Serve

Once ready, tear the **basil** onto the **pizza**. Slice!



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## Pro Tip

Remove the pizza dough from the fridge at least 10 min before cooking; allowing the dough come to room temperature makes it easier to roll out.

## Tips For Fussy Eaters

Customise the toppings!