

Meat Lovers Pizza

with Rocket Salad

hellóchef

This pizza is loaded with beef chorizo, beef salami and turkey bacon!

Cals 1385 • Prot 66 • Carbs 156 • Fat 54

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🕒 cook: 35 min

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Before you start

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

Ingredients

Toppings	2 ppl	3 ppl	4 ppl	
Smoked turkey bacon	60	90	120	Grams
Red onion	1	1	2	Piece
Grated mozzarella 4*	100	150	200	Grams
Beef salami slices 9*, 13*	100	150	200	Grams
Beef chorizo 4*	40	60	80	Grams

Pizza base

Semolina 10*, 11*	30	45	60	Grams
Plain flour 10*, 11*	10	15	20	Grams
Pizza dough ball 10*, 11*	2	3	4	Piece

Tomato sauce

Tomato passata	200	400	400	Grams
Olive oil	1	2	2	Tbsp
Garlic powder	2	4	4	Grams
Dried oregano	2	4	4	Grams
Brown sugar	5	10	10	Grams
Salt	0.5	1	1	Tsp

Rocket salad

Parmesan 4*	30	45	60	Grams
Dijon mustard 13*	6	9	12	Grams
Balsamic vinegar 14*	15	22	30	ML
Salt	0.5	1	1	Tsp
Honey	15	15	30	Grams
Olive oil	2	3	4	Tbsp
Rocket	40	80	80	Grams

Allergens

*4 Milk, *9 Soya, *13 Mustard, *10 Wheat, *11 Gluten, *14 Sulphur Dioxide

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)	5259 / 1385
Fat (g)	53.8
of which saturates (g)	19.3
Carbohydrate (g)	156
of which sugars (g)	17.8
Fiber (g)	3.5
Protein (g)	66
Salt (g)	6.5

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



1 Prep

Preheat the oven to 220°C/200°C fan. Preheat your baking trays. Chop the **turkey bacon** into bite-sized pieces. Peel and finely slice the **onion**.



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 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 large dinner plate. Sprinkle the remaining **semolina** onto the pre-heated baking trays. Carefully transfer the rolled out **dough** onto the trays.



4 Bake pizza

Spoon over the **tomato sauce**. Top the **pizza base** with the **mozzarella** followed by the **onion, bacon, salami** and **chorizo**. Brush the crust with **olive oil**. Bake for 20 min or until the crust begins to crisp and brown.



5 Prep salad

Meanwhile, shave the **Parmesan** into shards. In a large bowl, whisk together the **Dijon mustard, vinegar, salt, honey** and **olive oil**.



6 Serve

Toss the **rocket** and **Parmesan** in the **dressing** and serve alongside the **pizza**. **Tip!** Don't dress the salad too far in advance.