## Rustic Veggie Garden Pizza

with Vegan Mozzarella and Rocket

## hellóchef

Nothing beats a homemade pizza! This vegan delight is packed with melty vegan cheese mushrooms, red peppers, red onions, and olives.

Cals 1135 • Prot 32 • Carbs 180 • Fat 33
Vegan
hellochef.com • 04-383-93-99 • hello@hellochef.com


Before you start
Please wash your hands and rinse all fresh fruits and vegetables prior to cooking. Ingredients

| Pizza | $\mathbf{2}$ ppl | $\mathbf{3}$ ppl | $\mathbf{4}$ ppl |  |
| :--- | :--- | :--- | :--- | :--- |
| Pizza dough ball 10*, 11* | 2 | 3 | 4 | Piece |
| Semolina 10*, 11* | 30 | 45 | 60 | Grams |
| Plain flour 10*, 11* | 10 | 15 | 20 | Grams |
| Tomato sauce |  |  |  |  |
| Vegetable stock cube 15* | 0.5 | 1 | 1 | Piece |
| Tomato paste | 30 | 30 | 50 | Grams |
| Tomato passata | 200 | 400 | 400 | Grams |
| Olive oil | 1 | 1 | 2 | Tbsp |
| Dried oregano | 2 | 2 | 4 | Grams |
| Dried thyme | 2 | 4 | 4 | Grams |
| Dried basil | 2 | 2 | 4 | Grams |
| Brown sugar | 5 | 8 | 10 | Grams |
| Toppings |  |  |  |  |
| Garlic cloves | 1 | 2 | 2 | Piece |
| Red pepper | 1 | 1 | 2 | Piece |
| Mushroom | 250 | 250 | 500 | Grams |
| Red onion | 1 | 2 | 2 | Piece |
| Olive oil | 1 | 1 | 2 | Tbsp |
| Salt | 0.5 | 0.5 | 0.5 | Tsp |
| Black pepper | 0.5 | 0.5 | 1 | Tsp |
| Black olive slices | 40 | 60 | 80 | Grams |
| Vegan mozzarella | 150 | 200 | 300 | Grams |
| To serve |  |  |  |  |
| Chilli flakes | 2 | 2 | 4 | Grams |
| Olive oil | 1 | 1 | 2 | Tbsp |
| Rocket | 20 | 40 | 40 | Grams |
| All |  |  |  |  |

## Allergens

*10 Wheat, *11 Gluten, *15 Celery
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.

| Nutritionall informaltion | Per Serving* |
| :--- | :--- |
| Energy (kJ/kcal) | 4754 / 1135 |
| Fat $(\mathrm{g})$ | 33.2 |
| of which saturates $(\mathrm{g})$ | 8 |
| Carbohydrate $(\mathrm{g})$ | 180 |
| of which sugars $(\mathrm{g})$ | 14.3 |
| Fiber $(\mathrm{g})$ | 10.4 |
| Protein $(\mathrm{g})$ | 31.7 |
| Salt $(\mathrm{g})$ | 1.4 |

Salt (g) *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 $220^{\circ} \mathrm{C} / 200^{\circ} \mathrm{C}$ fan Remove the pizza dough from the fridge 15-20 min prior to baking. Deseed and slice the red pepper into strips. Clean the mushrooms with a cloth, knife, or brush (don't wash them with water), and thinly slice them. Peel and slice the onions. Peel and finely chop the garlic.
Tip! If you have a pizza stone, preheat it in the oven before baking your pizza on it.


4 Roll pizzo
Sprinkle half of the semolina onto a clean surface. Sprinkle some flour onto a rolling pin and roll out the dough ball. Cover with a layer of baking paper (to prevent it from drying), and allow the dough to rest for 3 min . After 3 min, continue to roll out the dough until roughly the size of a dinner plate. Repeat until you have all the dough balls rolled and ready to bake.

Tip! You can also roll out the dough in a more rustic or rectangular shape to fit your baking trays.

2 Fry veg
Heat a non-stick pan over a medium-high heat with a drizzle of olive oil. Once hot, add the onions, garlic, red pepper, and mushrooms with a pinch of salt and pepper, and cook for 5 min until softened. Tip! Frying the veggies first helps evaporate most of the water content, and ensures a crispier crust.


5 Bake
Sprinkle the remaining semolina onto your baking trays, and carefully transfer the rolled out dough onto them. Reshape the dough with your hands if needed. Spoon a generous amount of the pizza sauce over the dough towards the edges. Top with the fried vegetables, olive slices, and vegan mozzarella cheese. Brush the crust with olive oil. Bake for 15-20 min or until the crust begins to crisp and brown.


3 Make pizza sauce
Meanwhile, in a bowl or jug, dissolve the $\{0.5 / 1 / 1\}$ vegetable stock cube in $\{3 / 4 / 4\}$ Tbsp of hot water. Add to it the tomato paste, tomato passata, a drizzle of olive oil, dried oregano, dried thyme, dried basil, and brown sugar. Mix well. This is your pizza sauce.


6 Serve
Once cooked, garnish the pizza with a pinch of chilli flakes (spicy!), a drizzle of olive oil, and fresh rocket. Slice and enjoy!

