



DEC  
2016

## Caramelized Onion Pizza

with Goat Cheese and Arugula

The secret to this tasty pizza is the caramelized onions! Our cheater's version has the sweet and savoury onions ready in less than 30 minutes.

 *Prep*  
30 min

 *level 1*



Arugula



Red Onion



Whole-Wheat  
Pizza Dough



All-Purpose  
Flour



Goat's Cheese



Balsamic Vinegar



Tomato Pizza  
Sauce

## Ingredients

	2 People	4 People
Arugula	1 pkg (85 g)	2 pkg (170 g)
Red Onion, thinly sliced	1 pkg (340 g)	2 pkg (680 g)
Whole-Wheat Pizza Dough	1) 1 pkg (280 g)	2 pkg (460 g)
Goat Cheese	2) 1 pkg (113 g)	2 pkg (227 g)
All-Purpose Flour	1) 1 pkg (2 tbsp)	2 pkg (4 tbsp)
Tomato Pizza Sauce	1 pkg (¼ cup)	2 pkg (½ cup)
Balsamic Vinegar	3) 1½ pkg (3 tbsp)	3 pkg (6 tbsp)
Sugar*	2 tsp	4 tsp
Olive or Canola Oil*		

\*Not Included

## Allergens

- 1) Wheat/Blé
- 2) Milk/Lait
- 3) Sulphites/Sulfites

## Tools

Large Non-Stick Pan, Measuring Spoons, Rolling Pin, Baking Sheet, Medium Bowl

Ruler

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**Nutrition per person** Calories: 728 cal | Fat: 28 g | Protein: 28 g | Carbs: 93 g | Fiber: 12 g | Sodium: 1066 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

2



**1 Preheat the oven to 425°F (to bake the pizza) and remove the pizza dough from the fridge. Start prepping when the oven comes up to temperature!**

**2 Caramelize the onions: Wash and dry all produce.** Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **onions**. Cook, stirring occasionally, until softened, 4-5 min. Reduce heat to low, then add **sugar** and **1 bottle vinegar** (double for 4 people.) Cook, stirring occasionally, until slightly caramelized, about 18-20 min.

3



**3 Roll the dough:** Meanwhile, sprinkle some **flour** on your counter. Using a rolling pin, or a long glass bottle (like a wine bottle!) roll out the **dough** into a rough ¼-inch thick circle (about 12-inch across.) Place it on a parchment-lined baking sheet and prick all over with a fork. Bake in the centre of the oven until the crust is lightly golden, 10-12 min. (If you're making pizza for 4 people, use 2 baking sheets - one for each pizza dough.)

6



**4 Assemble pizza:** Spread the **tomato sauce** thinly over the **pizza dough**. Top with the **caramelized onions** and crumble over as much **goat cheese** as you like. Return pizza to the oven until cheese is melted, 4-5 min.

**5** Meanwhile, toss **half the arugula** with **1 tbsp of vinegar** (double for 4 people) and a drizzle of **oil** in a medium bowl. Season with **salt** and **pepper**.

**6 Finish and serve:** Top the pizza with **remaining arugula** and a drizzle of **oil**. Cut the **pizza** into slices and serve alongside **balsamic-arugula salad**. Enjoy!

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