



APR
2017



Beef and Caramelized Onion Pizza

with Baby Spinach and Zucchini

There's no need to call your local pizza joint tonight because we've got something even better. This gourmet pizza is miles better than the take-out stuff, and it's ready in 30 minutes!

 **Prep**
30 min



Ground Beef



Pizza Dough



Baby Spinach



Red Onion



Balsamic Vinegar



Zucchini



Tomato Pizza Sauce



Mozzarella
Cheese



All-Purpose Flour

Ingredients

		2 People	4 People
Ground Beef		1 pkg (125 g)	2 pkg (250 g)
Pizza Dough	3)	1 pkg (280 g)	2 pkg (560 g)
Baby Spinach		1 pkg (56 g)	2 pkg (113 g)
Red Onion, sliced		1 pkg (113 g)	2 pkg (227 g)
Balsamic Vinegar	1)	½ bottle (1 tbsp)	1 bottle (2 tbsp)
Zucchini		1	2
Tomato Pizza Sauce		1 pkg (⅓ cup)	2 pkg (⅔ cup)
Mozzarella, shredded	2)	1 pkg (1 cup)	2 pkg (2 cups)
All-Purpose Flour	3)	1 pkg (2 tbsp)	2 pkg (4 tbsp)
Sugar*		1 tsp	2 tsp
Olive or Canola Oil*			

*Not Included

Allergens

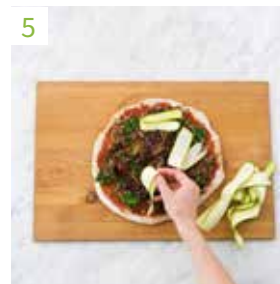
- 1) Sulphites/Sulfites
- 2) Milk/Lait
- 3) Wheat/Blé

Tools

Large Non-Stick Pan, Rolling Pin, Baking Sheet, Vegetable Peeler

Nutrition per person Calories: 786 cal | Fat: 33 g | Protein: 40 g | Carbs: 83 g | Fibre: 5 g | Sodium: 1072 mg

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



1 Preheat the oven to 450°F (to bake the pizza) and remove the pizza dough from the fridge. Start prepping when the oven comes up to temperature!

2 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 (each) **dough** into a rough ¼-inch thick circle (about 12-inch across). (**TIP:** If you don't have a circle baking sheet, roll dough into a rectangle.) Transfer to 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, 15-16 min. (If you're making pizza for 4 people, use 2 baking sheets – one for each pizza dough.)

3 Caramelize the onions: **Wash and dry all produce.** Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **onion**. Cook, stirring occasionally, until softened, 4-5 min. Reduce heat to low, then add the **granulated sugar** and **½ bottle vinegar** (1 bottle for 4 people). Cook, stirring occasionally, until slightly caramelized, 12-14 min.

4 Prep and cook the beef: Using a vegetable peeler, peel long ribbons from the **zucchini**. When the **onion** is dark brown, add the **ground beef** to the pan. Turn the heat up to medium high. Cook, breaking up the meat into smaller pieces with a wooden spoon, until no pink remains, 4-5 min. Add the **spinach** and stir until wilted, 1-2 min. Season with **salt** and **pepper**.

5 Assemble the pizza: Spread the **tomato sauce** thinly over the **baked pizza dough(s)**. Top with the **beef mixture**, **zucchini ribbons** and sprinkle with **cheese**. Return the **pizza(s)** to the oven and bake until the **cheese** is melted, 4-5 min.

6 Finish and serve: Cut the **pizza** into slices and enjoy!

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Ruler

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