



APR
2017

Cheeseburger Pizza

with Caramelized Onions and Carrot

We've hidden a cleverly disguised veggie in this cheeseburger pizza — grated carrot looks a lot like cheddar cheese! Caramelized onions, juicy ground beef, tomato sauce and plenty of cheddar makes this pizza reminiscent of your favourite burger!

 **Prep**
35 min



Ground Beef



Pizza Dough



Red Onion



Balsamic Vinegar



Carrot



Tomato Pizza Sauce



Cheddar Cheese



All-Purpose Flour

Ingredients

Ground Beef		1 pkg (250 g)
Pizza Dough	3)	1 pkg (570 g)
Red Onion, sliced		1 pkg (340 g)
Balsamic Vinegar	1)	1 bottle (2 tbsp)
Carrot		1
Tomato Pizza Sauce		1 pkg (2/3 cup)
Cheddar Cheese, shredded	2)	1 pkg (2 cups)
All-Purpose Flour	3)	1 pkg (4 tbsp)
Sugar*		2 tsp
Olive or Canola Oil*		

4 People

*Not Included

Allergens

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

Tools

Large Non-Stick Pan, Measuring Spoons, Rolling Pin, 2 Baking Sheets, Vegetable Peeler

Ruler

0 in 1/4 in 1/2 in 3/4 in 1 in

Nutrition per person Calories: 782 cal | Fat: 31 g | Protein: 41 g | Carbs: 86 g | Fibre: 11 g | Sodium: 1285 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 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: Wash and dry all produce. Cut the **dough** into two equal pieces. Sprinkle the **flour** on your counter. Using a rolling pin or a long glass bottle (like a wine bottle!), roll out each dough into a 12-inch circle. (**TIP:** If you don't have a round baking sheet, roll each dough into 1/4-inch thick rectangles to fit your baking sheet.) Place each rolled dough over two parchment-lined baking sheets and prick all over with a fork. Bake in the centre of the oven until the crust is lightly golden, 15-16 min.

3



3 Caramelize the onion: Meanwhile, 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 the heat to low, then add the **sugar** and **vinegar**. Cook, stirring occasionally, until the onion is brown and tastes sweet, 12-14 min.

4



4 Meanwhile, coarsely grate the **carrot**. Add the **ground beef** to the **caramelized onion** and increase the heat to medium-high. Cook, breaking the meat up into smaller pieces with a spoon, until no pink remains, 4-5 min. Stir in the carrot. Cook, stirring occasionally, until softened, 1-2 min. Season with **salt** and **pepper**.

5



5 Assemble pizza: Divide the **tomato sauce** between each **baked pizza crust** and spread the sauce to the edges. Top with the **beef mixture**, then, sprinkle with **cheese**. Return the **pizzas** to the oven and bake until the cheese is melted, 4-5 min.

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

RE-HEATING TIP: Place a slice of pizza on a non-stick pan. Cover and set over medium heat. Cook until the bottom is crispy and cheese melts, 6-8 min.

Share your masterpiece! Tag your photos with #HelloFreshLife and share on [f](#) [t](#) [@](#)

HelloFresh.ca | hello@hellofresh.ca