Product Spotlight:
Dill

Back in the day, people believed that dill had magical powers and could save you from witchcraft and nightmares! We now know dill is good for calming the digestive system, among many other benefits.

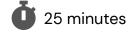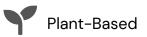**K2** # Roasted Sweet Potato Pizzas
with Caramelised Onions

Simple, yet super tasty. Roasted sweet potato, sweet onions and crunchy pepitas on top of gluten-free pizza bases topped with fresh leaves and a surprise white bean sauce.

Add ons!

As with all pizzas, add any extra favourite toppings that you like. Olives, marinated eggplant or artichokes would all work well.

🕐 25 minutes   🍴 2 servings   🌱 Plant-Based

26 August 2022

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	19g	26g	104g

SWEET POTATO	300g
TINNED WHITE BEANS	400g
BROWN ONION	1
LEMON	1
DILL	1 packet
GF PIZZA BASES	2
PIZZA SAUCE	1 sachet
PEPITAS	1 packet (20g)
MESCLUN LEAVES	1 bag

FROM YOUR PANTRY

oil for cooking, salt, pepper, garlic, fennel seeds, seeded mustard

KEY UTENSILS

large frypan, oven tray, stick mixer or blender

NOTES

If you have any cheese that needs using up, you could add it to the pizzas before cooking.

1. ROAST THE PUMPKIN

Set oven to 220ºC.

Thinly slice sweet potato and rinse 1/2 tin white beans (reserve remaining for step 3), add to a lined oven tray with **1 tsp fennel seeds, oil, salt and pepper.** Roast for 15 minutes or until tender.

2. CARAMELISE THE ONION

Heat a frypan over medium-high heat with **1 tbsp oil**. Slice onion and add to pan as you go. Cook for 5 minutes then reduce heat to medium. Add **1 tsp seeded mustard, salt and pepper.** Cook for a further 5 minutes until golden and sticky.

3. MAKE THE SAUCE

Place remaining white beans, 1 tsp lemon zest and juice from 1/2 lemon, roughly chopped dill (save a little for garnish), **1/2 clove garlic** and **1/4 cup water** into a jug. Blend to a smooth consistency. Season to taste with **salt and pepper.**

4. MAKE THE PIZZAS

Spread pizza bases with pizza sauce. Top with roasted sweet potato, beans, pepitas and caramelised onion. Cook in oven for 5 minutes or until bases are crunchy (see notes).

5. FINISH AND SERVE

Wedge remaining lemon.

Top pizzas with mesclun leaves. Drizzle with white bean sauce, sprinkle with reserved dill and add a lemon wedge.