



### Product Spotlight: Nutritional Yeast

Nutritional yeast is great for adding a savoury, salty flavour to dishes as well as boosting the protein! It is inactive, meaning it doesn't work as a leavening agent and provides around 40-50g of protein per 100g.



## Zucchini, Mushroom

### And Caramelised Onion Pizza

Crispy pizza bases from Gluten Free Lab topped with ribboned zucchini, mushrooms, capers and sweet caramelised onion, finished with fresh rocket leaves and a "cheesy" sauce.



25 minutes



2 servings



Plant-Based

29 September 2023

## Add some extras!

*You can add any spare ingredients from your fridge! Fresh basil or oregano, olives, cherry tomatoes or leftover roast vegetables work well!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	25g	38g	56g

## FROM YOUR BOX

BROWN ONION	1
SUNFLOWER SEED MIX	1 packet
COURGETTES	2
BUTTON MUSHROOMS	150g
CAPERS	1 jar
GF PIZZA BASES	2
TOMATO PASTE	2 sachets
ROCKET LEAVES	1 bag (60g)

## FROM YOUR PANTRY

olive oil, salt, pepper, balsamic vinegar, sugar (of choice), dried oregano

## KEY UTENSILS

frypan, stick mixer or blender, 2 oven trays

## NOTES

Use topping ingredients to taste.

*Sunflower seed mix: sunflower seeds, nutritional yeast.*



### 1. CAMELISE THE ONION

Set oven to 220C.

Heat a frypan over medium-high heat with **2 tbsp olive oil**. Slice and add onion. Cook for 5 minutes then reduce heat to medium. Add **1 tbsp vinegar, 3 tsp sugar, salt and pepper**. Cook for a further 2-3 minutes until golden and sticky.



### 2. BLEND THE SAUCE

Blend sunflower seed mix with **3 tbsp water, 1 tbsp vinegar, salt and pepper** using a stick mixer or blender. Set aside.



### 3. PREPARE THE TOPPINGS

Ribbon courgettes using a vegetable peeler. Slice mushrooms and drain capers (see notes). Set aside.



### 4. BAKE THE PIZZAS

Spread pizza bases with tomato paste. Sprinkle with **oregano**. Top with prepared toppings, caramelised onion and a drizzle of **olive oil**. Place on lined oven trays and bake in oven for 5 minutes or until bases are crunchy.



### 5. FINISH AND SERVE

Top cooked pizzas with fresh rocket leaves and spoon over cheese sauce to taste. Slice and serve.



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