



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Watercress


Watercress is a real powerhouse of nutrients and is classed as a superfood. Vitamin K is the most prominent nutrient, and it helps to build strong bones and assists in blood clotting.



K4 Mushroom and Artichoke Pizza

A quick and easy pizza, packed with beautiful ingredients and finished with peppery watercress and a homemade cashew aioli drizzle.

 20 minutes

 4 servings

 Plant-Based

6 May 2022

Spice it up!

Add a sprinkle of your favourite dried (or fresh) herb before cooking for extra flavour. Use up any extra toppings you may have in the fridge, olives, roasted capsicums, or capers. The list is endless!

Per serve: **PROTEIN** 18g **TOTAL FAT** 26g **CARBOHYDRATES** 79g

FROM YOUR BOX

CASHEW MIX *	1 packet (80g)
MUSHROOMS	200g
SHALLOTS	2
GREEN CAPSICUM	1
TINNED ARTICHOKE	400g
PIZZA BASES	4
PIZZA PASTE	2 sachets
WATERCRESS	1 sleeve

FROM YOUR PANTRY

olive oil, salt, pepper, apple cider vinegar (or vinegar of choice)

KEY UTENSILS

kettle, oven tray, stick mixer or small processor

NOTES

*Ingredients: raw cashews, nutritional yeast, garlic granules

If you have a pizza stone or oven, use this to cook the pizzas.



1. SOAK CASHEW MIX

Set oven to 250°C. Boil the kettle.

Tip the cashew mix into a jug and pour over **1/2 cup boiling water**. Leave to the side for 10 minutes.



2. PREPARE THE TOPPINGS

Slice mushrooms, shallots, capsicum and drained artichokes. Keep separate on a plate.



3. MAKE THE PIZZA

Place pizza bases on a lined oven tray (see notes). Spread with pizza paste. Divide toppings over the bases evenly and place into oven for 5–8 minutes or until pizzas are cooked through.



4. BLEND THE SAUCE

Add **1/2 tbsp vinegar** to jug and blend with a stick mixer or small blender to a smooth consistency. Season with **salt and pepper**.



5. DRESS THE WATERCRESS

In a bowl whisk together **1 tbsp olive oil**, **1/2 tbsp vinegar**, **salt and pepper**. Break up watercress into bowl and toss with dressing.



6. FINISH AND SERVE

Drizzle pizzas with sauce and top with dressed watercress. Slice and take to the table.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

