



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Polenta

Polenta is made from ground corn and is quite versatile. It can be used in sweet and savoury dishes and is gluten-free!



K4 Polenta Pizzas with Green Sauce

Oven-baked polenta topped with fresh toppings and returned for a second quick cook. Finished with a spring onion sauce.



35 minutes



4 servings



Plant-Based

25 November 2022

Make them small

Use a couple of trays, and in step two, shape the polenta into two or more pizzas for baking. Top as per step five or to suit individual tastes.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	8g	14g	38g

FROM YOUR BOX

POLENTA	250g
NUTRITIONAL YEAST	1 packet (20g)
SPRING ONIONS	1 bunch
COCONUT YOGHURT	1 tub (125ml)
GREEN CAPSICUM	1
TOMATOES	2
VEGGIE SAUSAGES	1 packet
PIZZA PASTE	1 sachet
BASIL	1 packet (10g)

FROM YOUR PANTRY

olive oil, salt, pepper, dried Italian herbs, vinegar of choice

KEY UTENSILS

saucepan, oven tray, stick mixer

NOTES

Speed this process up by boiling the water in the kettle first.

If you have some plant-based cheese in the fridge, add it to the top. Olives would also be a lovely addition.



1. COOK THE POLENTA

Set oven to 220°C.

Bring a saucepan with 1.3L water to a boil (see notes) with **1 tsp Italian herbs**. Gradually pour in polenta, whisking continuously until thickened. Stir through nutritional yeast. Remove from heat and season with **salt and pepper**.



4. PREPARE THE TOPPINGS

Slice remaining spring onions and capsicum. Dice tomatoes and slice veggie sausages.



2. BAKE THE POLENTA

Spread polenta over a lined oven tray. Drizzle with **olive oil** and bake for 15 minutes or until firm to the touch and starting to colour.



5. TOP THE PIZZA

Spread baked polenta with pizza paste. Top with spring onions, capsicum, tomato and sliced sausage (see notes). Drizzle with **olive oil** and place into oven for 5-10 minutes.



3. MAKE THE DRIZZLE

Slice green ends of spring onions to yield 1 cup and place into a jug with yoghurt, **1 tbsp olive oil, 1 tsp vinegar, salt and pepper**. Use a stick mixer to blend to a smooth sauce.



6. FINISH AND SERVE

Roughly chop basil.

Slice pizzas and top with basil. Drizzle with spring onion sauce.

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