



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




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.



K4 Roasted Pumpkin Pizzas with Caramelised Onions

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

 30 minutes

 4 servings

 Plant-Based

26 August 2022

Add ons!

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

Per serve: **PROTEIN** 14g **TOTAL FAT** 19g **CARBOHYDRATES** 87g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
TINNED WHITE BEANS	400g
BROWN ONIONS	2
LEMON	1
DILL	1 packet
GF PIZZA BASES	4
PIZZA SAUCE	2 sachets
MESCLUN LEAVES	1 bag
PEPITAS	1 packet (60g)

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 220°C.

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



2. CAMELISE THE ONION

Heat a frypan over medium-high heat with **2 tbsp oil**. Slice onions, adding to frypan as you go. Cook for 5 minutes then reduce heat to medium. Add **2 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 pumpkin, 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.

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

