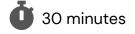




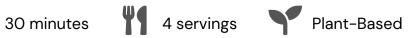
## Roasted Pumpkin Pizzas

## 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.







# Add ons!

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

TOTAL FAT 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.



## 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).



## 2. CARAMELISE 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.



## 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.



