



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



4 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
	19g	26g	46g

FROM YOUR BOX

BROWN ONION	1
SUNFLOWER SEED MIX	1 packet
ZUCCHINI	1
BUTTON MUSHROOMS	150g
CAPERS	1 jar
GF PIZZA BASES	4
TOMATO PASTE	1 tub
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

Sunflower seed mix: sunflower seeds, nutritional yeast.



1. CARAMELISE THE ONION

Set oven to 220°C.

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 zucchini using a vegetable peeler. Slice mushrooms. Drain capers (use to taste). Set aside.



4. BAKE THE PIZZAS

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



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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