



### Product Spotlight: Pear


Pears are best eaten with their skin on, it contains an abundance of beneficial nutrients!



## L4 Mediterranean Pizzas with Pear & Rocket Salad

Fresh pizza bases topped with tomatoes, courgettes, feta, olives and a sprinkling of oregano, alongside a balsamic dressed rocket salad.

 20 minutes

 4 servings

 Vegetarian

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## Add extra toppings!

*You can add some fresh herbs such as basil or oregano to the pizzas. Chilli flakes or crushed garlic go well on the bases, and if you have any mushrooms or spinach you can add them to the toppings.*

Per serve: **PROTEIN** 24g **TOTAL FAT** 28g **CARBOHYDRATES** 82g

## FROM YOUR BOX

RED ONION	1
COURGETTES	2
CHERRY TOMATOES	1 bag (200g)
FETA CHEESE	1 packet (200g)
GREEN OLIVES	1 jar
MINI PIZZA BASES	6-pack
PIZZA PASTE	2 sachets
PEAR	1
ROCKET LEAVES	1 bag (120g)

## FROM YOUR PANTRY

olive oil, balsamic vinegar, dried oregano

## KEY UTENSILS

2 x oven trays

## NOTES

You can dress the rocket leaves and use them as a fresh topping for the pizza if you prefer not to have a side salad.

**No gluten option – pizza bases are replaced with 4-pack medium size GF pizza bases.**



### 1. PREPARE THE TOPPINGS

Set oven to 250°C.

Slice onion and courgettes. Halve tomatoes and crumble feta cheese. Drain olives.



### 2. PREPARE THE BASES

Spread each pizza base with even amounts of pizza paste. Line each oven tray and place pizzas on top (or cook in batches).



### 3. ASSEMBLE THE PIZZAS

Assemble pizzas to your liking with prepared ingredients.

Cook for 6–8 minutes in the oven until feta cheese is melted.



### 4. PREPARE THE SALAD

In a large bowl whisk together **1 tbsp balsamic vinegar** and **1 tbsp olive oil**. Slice pear. Add to bowl along with rocket leaves and any left over toppings. Toss to combine.



### 5. FINISH AND SERVE

Sprinkle pizzas with **dried oregano**. Slice pizzas and serve along side rocket salad (see notes).

**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**

