



Padma's perfect pizza

with artichoke and olives



Handcrafted sourdough ready-made pizza base with a rich tomato sauce, topped with onion, mushrooms, capsicum, top quality seasoned artichokes, traditional kalamata olives and vegan mozzarella. It's Padma's ideal pizza, and one that you can feel good about from first bite to last.

Freezer friendly, Great for leftovers, Naughty but nice



Make this dish within 5 days of receiving your meal kit



Cooking equipment: pizza/baking tray/s



Pantry items needed: none



Hands-on: 10-15 minutes
Ready in: 25 minutes



Serves: 2 or 4

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Sourdough pizza bases	1 packet	2 packets
Garlic	4g	8g
Tomato	150g	300g
White onion	60g	120g
Button mushrooms	80g	160g
Red capsicum	75g (half)	150g
Seasoned marinated artichokes	1 tub	1 tub
Kalamata olives	1 tub	1 tub
Pizza tomato paste	1 tub	1 tub
Vegan mozzarella	1 packet	1 packet

* Pantry items

Allergens and ingredients

Allergens: gluten, wheat, soy.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Prepare pizza base

Preheat oven to 210°C and line pizza/baking tray/s with baking paper. Place **sourdough pizza bases** onto tray/s.

2. Prepare ingredients

Mince **garlic**. Finely chop **tomato**. Halve **onion** and finely slice. Slice **mushrooms**. Slice **capsicum** (use **½ for 2 serves** and **1 for 4 serves**). Cut **artichokes** into quarters. Cut **olives** in half lengthwise.

2. Make tomato sauce

In a small bowl, add **pizza tomato paste, garlic, tomato** and stir to combine.

3. Make pizzas

Spread **tomato sauce** evenly over **pizza bases**. In the following order, add toppings; **onion, half the quantity of vegan mozzarella, mushrooms capsicum, artichokes, olives** and remaining **mozzarella**. Bake **pizzas** until the edges are golden brown, about **10 minutes** (see tip).

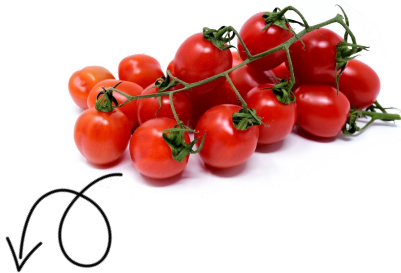
4. Serve

Transfer **Padma’s perfect pizzas** to a chopping board. Slice into wedges and serve.

Cooking tip

For 4 serves, switch trays halfway through cooking, the top to the bottom and vice versa. This will ensure even cooking on all pizzas.

Eat your way to healthy!



Tomatoes are a good source of fibre, antioxidants and several vitamins and minerals, such as vitamin B9, C, K, and potassium.

Tomatoes have been linked to health benefits such as reduced risk of heart disease and cancer, as well as skin health.

Nutritional information*

	Per 455g serve	Per 100g
Energy	2952kJ (706Cal)	729kJ (174Cal)
Protein	16.7g	4.1g
Fat, total	27.3g	6.7g
- Saturated	11.7g	2.9g
Carbohydrate	93.0g	23.0g
- Sugars	9.0g	2.0g
Sodium	2304mg	569mg

* Nutritional information is based on averages