



# Mozzarella and Courgette Pizza

with rocket and black pepper topping

Family Veggie 15-20 mins

9



Pizza Base



Passata



Grated Cheese



Courgette



Mozzarella



Rocket



Pantry Items: Sugar, Salt, Oil, Pepper

## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper

## Ingredients

	2P	4P
Pizza Base	2 units	4 units
Passata	1 pack	2 packs
Grated Cheese	50 g	100 g
Courgette	1 unit	2 units
Mozzarella	125 g	250 g
Rocket	40 g	80 g

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>505.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	3372.3 kJ/ 806 kcal	667.1 kJ/ 159.4 kcal
Fat (g)	27.5 g	5.4 g
Sat. Fat (g)	14.9 g	2.9 g
Carbohydrate (g)	103.9 g	20.6 g
Sugars (g)	15 g	3 g
Protein (g)	35.5 g	7 g
Salt (g)	3.4 g	0.7 g

*Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.*

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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### Char the Courgette

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Trim the **courgette** and slice into 1cm rounds.
- Place a large pan over high heat (without oil).
- When hot, cook the **courgette** rounds until charred, 3-4 mins. Turn only every 1-2 mins—this will allow the **courgette** to pick up a nice colour.
- Once cooked, season with **salt** and **pepper** and transfer to a bowl.



### Finish and Serve

- When the pizzas are ready, remove from the oven.
- Garnish with the dressed **salad leaves**, **pepper**, **salt** and a drizzle of **oil**.
- Cut into slices and serve any remaining salad alongside.

### Enjoy!



### Make the Sauce

- In a small bowl mix together the **passata**, ½ tsp **salt** and ½ tbsp **sugar** (double both 4p).
- Season to taste with **pepper**, **salt** and **sugar**. You've made your base sauce!



### Cook the Pizzas

- Spread the sauce over the **pizza bases** with a spoon, leaving room for the crust.
- Tear the **mozzarella** into pieces and scatter the **mozzarella** and **grated cheese** over the pizzas.
- Top with the charred **courgette**.
- Carefully pop your pizzas onto a lined baking tray and bake in the oven until the **cheese** is melted and bubbling, 10-14 mins.
- Just before the pizzas are done, toss the **salad leaves** with a drizzle of **oil** and season with **salt** and **pepper**.