



## Artichoke and Feta Pizzas

with Olive and Rocket



20-30min



2 Portions

Enjoy an easy dinner with these speedy vego pizzas. Just simmer canned tomatoes with a little marinated oil and dried chilli flakes, if you like, then spread over the rounds with briny artichokes, feta and olives. Finished with balsamic-dressed rocket instead of melted mozzarella, they're lighter than regular pizzas to boot.

## What we send

- kalamatta olives
- chilli flakes
- crushed can tomatoes
- marinated feta with herbs <sup>7</sup>
- artichokes in brine
- rocket leaves
- pizza base <sup>1,7</sup>

## What you'll require

- balsamic vinegar <sup>17</sup>
- extra virgin olive oil
- sea salt and pepper

## Utensils

- baking paper
- medium saucepan
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

Serve remaining chilli at the table for those who like it. If the pizzas don't fit on your trays, prepare all 3 pizzas, but cook 2 pizzas to start and cook the remaining pizza while you dig in.

## Allergens

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 850kcal, Fat 26.0g, Carbs 113.9g, Proteins 29.9g



### 1. Line trays

Preheat the oven to 220C. Line 2 large oven trays with baking paper.



### 2. Cook tomato sauce

Put the **tomatoes**, a **pinch of chilli flakes** (or to taste; see cooking tip) and **the oil from the marinated feta** in a medium saucepan over medium-high heat. Season well with **salt and pepper**, bring to the boil, then cook for 5 mins or until thickened.



### 3. Prepare toppings

Meanwhile, drain the **artichokes**, gently squeezing out excess moisture, and cut each into quarters. Halve the **olives**.



### 4. Spread sauce

Put the **pizza bases** on the lined trays (see cooking tip) and spread with the **tomato sauce**.



### 5. Add toppings

Top with the **feta**, **artichokes** and **olives** and season with **salt and pepper**. Bake the pizzas for 8-10 mins until crisp.



### 6. Get ready to serve

Meanwhile, whisk **1 tbs extra virgin olive oil** and **1 tsp balsamic vinegar** in a small bowl and season with **salt and pepper**. Top the **pizzas** with the **rocket**, drizzle with the **dressing** and cut into slices to serve.