



Artichoke and Feta Pizzas

with Olive and Rocket



20-30min



4 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

- rocket leaves
- crushed tomatoes
- artichokes in brine
- marinated feta with herbs ⁷
- kalamatta olives
- chilli flakes
- pizza base ^{1,7}

What you'll require

- balsamic vinegar ¹⁷
- extra virgin olive oil
- sea salt and pepper

Utensils

- baking paper
- large 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 6 pizzas, but cook 4 pizzas to start and cook the remaining pizzas while you dig in.

Allergens

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

Nutrition per serving

Energy 860kcal, Fat 26.61g, Carbs 114.02g, Proteins 30.57g



1. Line trays

Preheat the oven to 220C. Line 3 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 large 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 **2 tbs extra virgin olive oil** and **2 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.