



Superfast pizzas that might just become
a new staple!

COOKING TIME: 35 MIN

CALS 810 | PROT 46.4G | CARBS 127.6G | FAT 12.5G



TIPS FOR FUSSY EATERS

The pizzas are a hit!
Use the toppings they like

PRO TIP

Don't add too many toppings or the pizza base may get soggy and soft.

INGREDIENTS

	FOR 2	FOR 3	FOR 4
Pitta bread	4	6	8
Tomato paste	40g	60g	80g
Cherry Tomato	150g	225g	300g
Mozzarella	150 g	225g	300g
Oregano	3g	5g	7g
Red Onion	1	2	2
Zucchini	2	3	4
Red Pepper	1	1	2
Lettuce	250g	370g	500g
Feta Cheese	100g	150g	200g
Dill	10g	15g	20g
Kalamata Olives	50g	75g	100g
Lemon	1	1	2
Honey	1 tbs	1 ½ tbs	2 tbs



1 PREP THE VEGGIES

Pre-heat the oven to 220°C. Peel and slice the **onion**. Wash and cut the **zucchini** into thin slices. Heat a spoon of **oil** on a pan at medium heat and fry the **onion** and **zucchini** for 5-7 minutes, constantly stirring to ensure they get a nice roasted color without burning.



2 PREP THE PIZZAS

Prepare the pizzas by coating the surface of the **pittas** with **tomato paste**. Slice the **cherry tomatoes** (leave some for the salad) and place on the pizza. Add the fried **onions** and **zucchini** and season with **oregano**. Cover with **mozzarella** and place in the oven. Cook for 7 minutes or until the cheese is nicely melted.



3 MAKE THE SALAD

Wash and chop the **lettuce leaves**. Slice the **pepper** and cut the **cherry tomatoes** in half. Chop the **dill**. Toss all the vegetables, the **dill** and the **olives** into a large bowl.



4 MAKE THE DRESSING

In a separate small bowl mix the **honey** with freshly squeezed lemon juice and a large spoon of **olive oil**. Season the dressing with a little **salt** and **pepper**. Cut the **feta** into cubes and place on top of the salad. Pour the sauce on top. Serve the Pitta Pizzas with the salad and enjoy!

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