



Mex-Hawaiian BBQ pizza

with cashew parmesan



This unusual medley is just the best. Black beans, red onion and fresh pineapple sit on a base of smoky BBQ sauce and house-made cashew parmesan. All with our new pre-made Buvetti sourdough thin crust pizza base, you'll be chuffed with the results and how easy it is to make this dish!



Make this dish within 5 days of receiving your meal kit



Cooking equipment: baking tray/s



Pantry items needed: olive oil



Hands-on: 10 minutes
Ready in: 20 minutes



Serves: 2 or 4

HIGH PROTEIN | Adventurous, Great for leftovers

Before you start

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

Ingredients

	2 serves	4 serves
Sourdough pizza base	2	4
Olive oil*	as needed	as needed
Red onion	100g (half)	100g
Fresh pineapple	750g	1500g
Black beans	1 can	2 cans
Coriander	10g	20g
Smokey BBQ sauce	1 tub	1 tub
Cashew parmesan	1 tub	1 tub

* Pantry items

Allergens and ingredients

Allergens: gluten, wheat, cashew.

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 lightly grease pizza/baking tray/s with **olive oil***. Place **sourdough pizza bases** onto tray/s.

2. Prepare ingredients

Halve **onion** and finely slice (use **½ for 2 serves** and **1 for 4 serves**). Dice **pineapple** (tip 1). Drain and rinse **black beans**. Pick **coriander** leaves.

3. Add toppings

Spread **BBQ sauce** evenly over **pizza bases**. Sprinkle over **cashew parmesan**. Top with **onion, black beans** and **pineapple**. Bake until edges are golden brown, about **10 minutes** (tip 2).

4. Serve

Transfer **Mex-Hawaiian BBQ pizzas** to a chopping board and slice into wedges. Garnish with **coriander** leaves and serve.

Cooking tips

1. To prepare pineapple, slice off the top and bottom. Standing the pineapple up, slice downwards to remove the skin. Use a small knife to remove any remaining brown eyes. Slice pineapple lengthways into quarters and then remove the woody core from each wedge. Dice each wedge into bite-sized pieces.

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

Eat your way to healthy!



Black beans are a great source of fibre, protein and good carbs. They also contain several key vitamins and minerals, including vitamins A, B1, B3, B9 and K, calcium, manganese, magnesium, iron, phosphorus, potassium and zinc.

Black beans have been linked to health benefits such as reduced risk of heart disease and certain cancers, stronger bones, lower blood sugar levels, improved eye health, healthy digestion and weight control.

Nutritional information*

	Per 575g serve	Per 100g
Energy	3482kj (833Cal)	606kj (145Cal)
Protein	27.4g	4.8g
Fat, total	17.3g	3g
- Saturated	2.7g	0.5g
Carbohydrate	127g	22g
- Sugars	38g	7g
Sodium	1430mg	249mg

* Nutritional information is based on averages