

DINNERLY



15-Min Cajun Prawn and Feta Pizzas with Smoky Barbecue Sauce



under 20 minutes



2 Servings

Leave it to us to make weeknight cooking even simpler and faster. Amped with a variety of brilliant ready-to-go ingredients to make life easier, you'll love how quick and downright good this 15-minute recipe is!

WHAT WE SEND

- 1 capsicum
- 200g peeled prawns¹
- 5g Cajun seasoning⁵
- 4 pita breads^{2,4,6}
- 50g tomato paste
- 50g baby spinach leaves
- 50g feta³
- 50g smoky barbecue sauce

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 1 tbs olive oil

TOOLS

- large oven tray
- baking paper

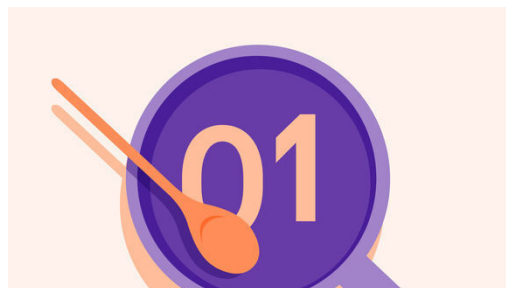
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Crustacean (1), Gluten (2), Milk (3), Soy (4), Sulphites (5), Wheat (6). May contain traces of other allergens.

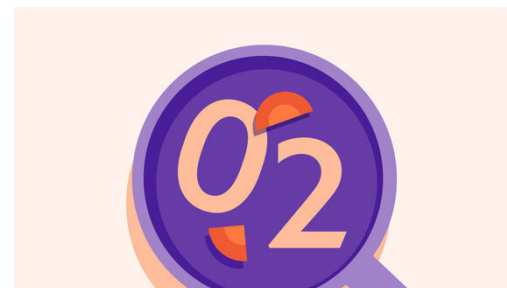
NUTRITION PER SERVING

Energy 520kcal, Fat 17.8g, Carbs 60.7g, Protein 27.9g



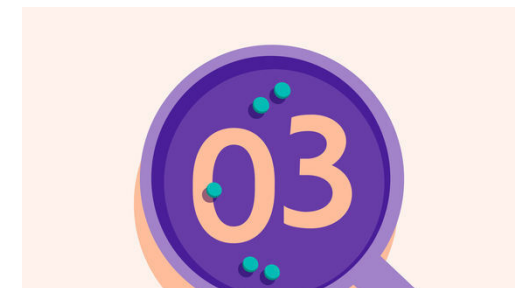
1. Prep ingredients

Preheat the oven to 220C, fan-forced. Line a large oven tray with baking paper. Thinly slice the **capsicum**. Put the **prawns**, 2 tsp **Cajun seasoning** (see Make it milder) and a **generous drizzle of olive oil** in a bowl, season with **salt and pepper** and toss to coat.



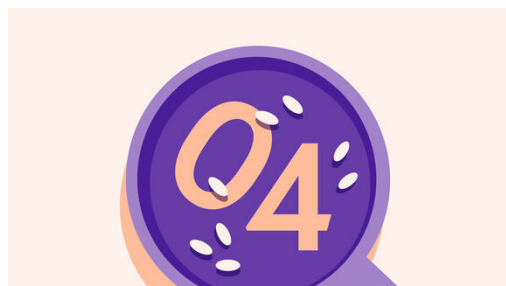
2. Bake pizzas

Put **2 pita*** on the lined tray. Spread the pita with the **tomato paste** and top with the **spinach**, **capsicum** and **prawns**. Crumble over the **feta**. Bake the **pizzas** for 10 mins or until the prawns are cooked through and the pizzas are golden.



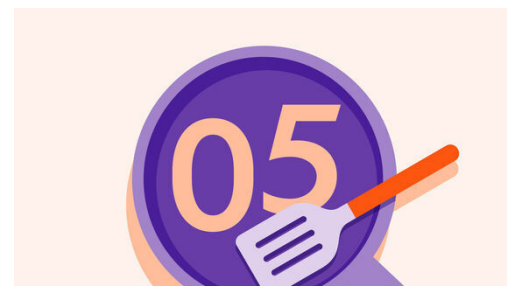
3. Serve up

Drizzle the **barbecue sauce** over the pizzas. Cut the **pizzas** into wedges, divide among plates and enjoy!



4. Make it milder

Cajun seasoning has a chilli kick. For those who prefer less heat, simply reduce the quantity of Cajun seasoning or season some of the prawns just with salt and pepper.



5. ...

Were you expecting another step? You're not gonna find it here. That's all folks!



6. ...

We value and listen to your feedback. Tell us what you think about this recipe by rating it in the app or on the website.