

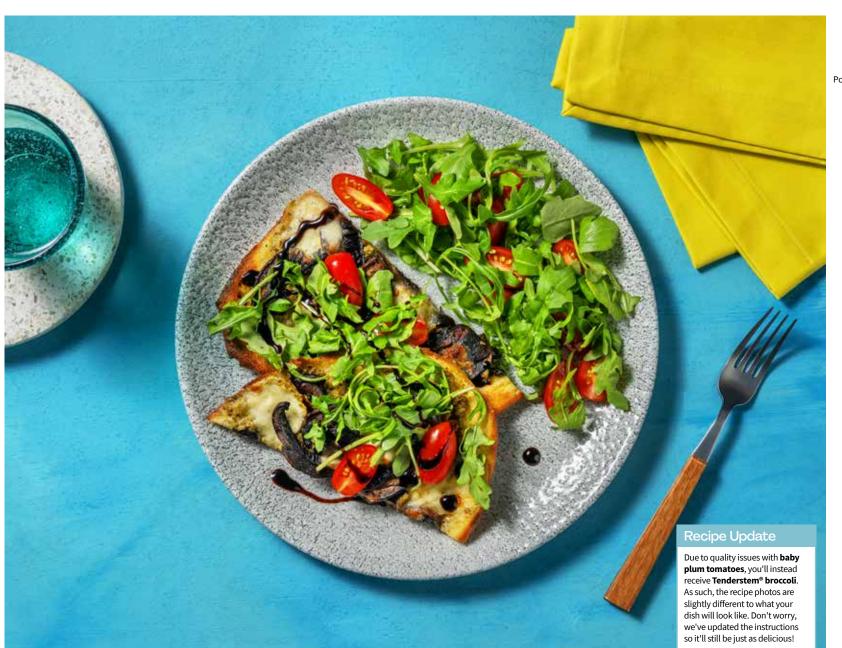
# Garlic Portobello Mushroom Naanizza

with Pesto and Rocket & Tomato Salad



20 Minutes • 2 of your 5 a day • Veggie







Portobello Mushroom







Mature Cheddar



Medium Tomato

Plain Naan Breads

Cheese



Fresh Pesto





Wild Rocket



Balsamic Glaze

Pantry Items

Oil, Salt, Pepper, Olive Oil

#### Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

# Cooking tools

Garlic press, frying pan, grater, bowl and baking tray.

#### Ingredients

Ingredients	2P	3P	4P
Portobello Mushroom**	2	3	4
Garlic Clove**	1	2	2
Mature Cheddar Cheese** <b>7</b> )	60g	90g	120g
Medium Tomato	2	3	4
Fresh Pesto** 7)	32g	48g	96g
Plain Naan Breads 7) 13)	2	3	4
Wild Rocket**	20g	40g	40g
Balsamic Glaze 14)	12ml	18ml	24ml
Do orton	2P	3P	40
Pantry	2P	3P	4P
Olive Oil for the Pesto*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

#### **Nutrition**

Typical Values	Per serving	Per 100g
for uncooked ingredient	384g	100g
Energy (kJ/kcal)	2753 /658	717/171
Fat (g)	30.4	7.9
Sat. Fat (g)	9.4	2.4
Carbohydrate (g)	71.8	18.7
Sugars (g)	9.6	2.5
Protein (g)	21.0	5.5
Salt (g)	1.83	0.48

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

#### Allergens

7) Milk 13) Cereals containing gluten 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

#### Contact

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## Fry the Mushrooms

- **a)** Preheat your oven to 240°C/220°C fan/gas mark 9.
- **b)** Thinly slice the **portobello mushrooms**. Peel and grate the **garlic** (or use a garlic press).
- c) Heat a drizzle of oil in a large frying pan on high heat. Once hot, add the **mushrooms** and season with **salt** and **pepper**. Cook, stirring often, until browned, 6-8 mins.
- **d)** Once the **mushrooms** are cooked, stir in the **garlic** and fry for 1 min.



# **Get Prepped**

- a) While the mushrooms cook, grate the cheese.
- b) Cut the tomatoes into 1cm chunks.
- **c)** In a small bowl, combine the **pesto** and **olive oil for the pesto** (see pantry for amount).



#### **Build the Naanizzas**

- a) Pop the naans onto a large baking tray.
- **b)** Spread the **pesto sauce** evenly all over the top of each **naan**, leaving a 1cm border around the edge.
- c) Lay the garlic mushrooms onto the naanizzas and scatter over the Cheddar.



## Ready, Steady, Bake

**a)** When the oven is hot, bake the **naanizzas** on the top shelf until the **cheese** is melted and bubbling and the **base** is crisp, 6-8 mins.



### Bring on the Salad

- **a)** Meanwhile, pop the **rocket** and **tomatoes** into a bowl.
- **b)** Season with **salt** and **pepper**, mix together, then set aside.



#### Serve

- **a)** When ready, serve the **naanizzas** topped with a handful of **salad** and a drizzle of the **balsamic glaze**.
- **b)** Serve the remaining **salad** alongside drizzled with the remaining **balsamic glaze**.

#### Enjoy!