



Garlic Portobello Mushroom Naanizza

with Pesto and Rocket & Tomato Salad

17

Rapid 20 Minutes • 2 of your 5 a day • Veggie



Portobello Mushroom



Garlic Clove



Mature Cheddar
Cheese



Medium Tomato



Fresh Pesto



Plain Naan
Breads



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** 7)	60g	90g	120g
Medium Tomato	2	3	4
Fresh Pesto** 7)	32g	48g	64g
Plain Naan Breads 7) 13)	2	3	4
Wild Rocket**	20g	40g	40g
Balsamic Glaze 14)	12ml	18ml	24ml

Pantry	2P	3P	4P
Olive Oil for the Pesto*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
	384g	100g
Energy (kJ/kcal)	2763/660	719/172
Fat (g)	30.7	8.0
Sat. Fat (g)	9.5	2.5
Carbohydrate (g)	71.8	18.7
Sugars (g)	9.6	2.5
Protein (g)	21.2	5.5
Salt (g)	1.85	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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HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Fry the Mushrooms

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Thinly slice the **portobello mushrooms**. Peel and grate the **garlic** (or use a garlic press).
- 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.
- Once the **mushrooms** are cooked, stir in the **garlic** and fry for 1 min.



Ready, Steady, Bake

- 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.



Get Prepped

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



Bring on the Salad

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



Build the Naanizzas

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



Serve

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

Enjoy!