



Goat's Cheese & Caramelised Onion Naanizza with Spinach and Balsamic Dressed Rocket Salad

18

Quick 20 Minutes • 1 of your 5 a day • Veggie



Baby Spinach



Goat's Cheese



Plain Naans



Marinara Sauce



Grated Hard Italian Style Cheese



Onion Marmalade



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

Kettle, frying pan, saucepan and colander, baking tray and bowl.

Ingredients	2P	3P	4P
Baby Spinach**	40g	100g	100g
Goat's Cheese** 7)	75g	150g	150g
Plain Naans 7) 13)	2	3	4
Marinara Sauce	120g	180g	240g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Onion Marmalade	30g	40g	60g
Wild Rocket**	20g	40g	40g
Balsamic Glaze 14)	12ml	18ml	24ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	290g	100g
Energy (kJ/kcal)	2582 /617	890 /213
Fat (g)	22.1	7.6
Sat. Fat (g)	9.1	3.2
Carbohydrate (g)	79.7	27.5
Sugars (g)	16.3	5.6
Protein (g)	23.2	8.0
Salt (g)	2.07	0.71

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

Allergens

7) Milk 8) Egg 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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Wilt the Spinach

- Preheat your oven to 240°C/220°C fan/gas mark 9. Fill and boil your kettle.
- Pop the **spinach** into a colander in your sink. Pour over the **boiled water** from your kettle until wilted.
- Once wilted, squeeze out all of the excess water from the **spinach** with the back of a spoon.

TIP: You may need to do this in batches.



Ready, Steady, Bake

- When the oven is hot, bake the **naanizzas** on the top shelf until the **cheese** is golden and bubbling, 6-7 mins.



Start the Naanizzas

- Crumble the **goat's cheese**.
- Pop the **naans** onto a baking tray.
- Divide the **marinara sauce** between them and spread out with the back of a spoon, leaving a 1cm border.



Dress the Rocket

- Just before you're ready to serve, add the **rocket** to a bowl and drizzle with a little **olive oil**.
- Season with **salt** and **pepper**. Toss gently to coat.



Time for Toppings

- Sprinkle the **hard Italian style cheese** evenly over the **sauce**.
- Top each **naanizza** with the **spinach** and **goat's cheese**.
- Dollop on the **onion marmalade**.



Serve

- When the **naanizzas** are ready, slide them onto your serving plates and cut in slices if you'd like.
- Serve the **rocket salad** alongside drizzled with the **balsamic glaze**.

Enjoy!