



Pesto and Greek Style Cheese Naanizza

with Sweetcorn, Onions and Rocket

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

4



Mature Cheddar Cheese



Sweetcorn



Red Onion



Plain Naans



Marinara Sauce



Greek Style Salad Cheese



Pesto



Wild Rocket

Pantry Items
Oil, Salt, Pepper, Sugar

Before you start

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

Cooking tools

Grater, sieve, frying pan and baking tray.

Ingredients

Ingredients	2P	3P	4P
Mature Cheddar Cheese** 7)	60g	90g	120g
Sweetcorn	160g	340g	340g
Red Onion	1	1	2
Plain Naans 7) 13)	2	3	4
Marinara Sauce	120g	180g	240g
Greek Style Salad Cheese** 7)	50g	75g	100g
Pesto** 7)	32g	48g	64g
Wild Rocket**	20g	40g	40g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	413g	100g
Energy (kJ/kcal)	3232 /772	782 /187
Fat (g)	33.5	8.1
Sat. Fat (g)	12.7	3.1
Carbohydrate (g)	86.9	21.0
Sugars (g)	17.6	4.3
Protein (g)	28.2	6.8
Salt (g)	3.38	0.82

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

Allergens

7) Milk 13) Cereals containing gluten

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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Get Prepped

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Grate the **Cheddar cheese**. Drain the **sweetcorn** in a sieve.
- Halve, peel and thinly slice the **red onion**.



Bake your Naanizzas

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



Fry the Onions

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **onion** and **sugar** (see pantry for amount) to the pan and stir-fry until softened, 4-5 mins.
- Season with **salt** and **pepper**, then remove from the heat.



Hey Pesto

- Once the **naanizzas** are ready, crumble the **Greek style salad cheese** on top.
- Drizzle over the **pesto**.



Sauce Things Up

- Meanwhile, pop the **naans** onto a baking tray.
- Divide the **marinara sauce** between the **naans** and spread with the back of a spoon, leaving a 1cm border.
- Top with the **sweetcorn** and **onions**, then sprinkle over the **grated Cheddar**.



Serve

- Share the **naanizzas** between your plates.
- Top with a handful of **rocket**. Finish with a drizzle of **oil** and pinch of **salt**.

Enjoy!