



# Middle Eastern Inspired Cheesy Harissa Naanizza with Greek Style Salad Cheese and Apple & Baby Leaf Salad

17

**Quick** 20 Minutes • **Medium Spice** • 2 of your 5 a day



Onion



Sliced Mushrooms



Tomato Puree



Harissa Paste



Mature Cheddar Cheese



Plain Naans



Apple



Greek Style Salad Cheese



Baby Leaf Mix



Balsamic Glaze

### Pantry Items

Oil, Salt, Pepper, Honey

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in **red** are hot!

## Cooking tools

Frying pan, bowl, grater and baking tray.

## Ingredients

Ingredients	2P	3P	4P
Onion**	1	1½	2
Sliced Mushrooms**	80g	120g	160g
Tomato Puree	30g	45g	60g
Harissa Paste <b>14)</b>	50g	75g	100g
Mature Cheddar Cheese** <b>7)</b>	70g	110g	140g
Plain Naans <b>7) 13)</b>	2	3	4
Apple**	1	1½	2
Greek Style Salad Cheese** <b>7)</b>	50g	100g	100g
Baby Leaf Mix**	50g	70g	100g
Balsamic Glaze <b>14)</b>	12ml	18ml	24ml
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp
Honey*	1 tbsp	1½ tbsp	2 tbsp

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	433g	100g
Energy (kJ/kcal)	3253 /777	752 /180
Fat (g)	34.3	7.9
Sat. Fat (g)	12.6	2.9
Carbohydrate (g)	88.7	20.5
Sugars (g)	25.4	5.9
Protein (g)	27.3	6.3
Salt (g)	2.76	0.64

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, 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 Started

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Halve, peel and thinly slice the **onion**.
- Heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **onion** and **sliced mushrooms** to the pan. Stir-fry until softened, 5-6 mins. Season with **salt** and **pepper**.



## Time to Bake

- Top each **naanizza** with the **fried onion** and **mushrooms**, then sprinkle over the **grated Cheddar**.
- When the oven is hot, bake on the top shelf until the **cheese** is golden and bubbling, 6-7 mins.



## Make your Sauce

- Meanwhile, in a medium bowl, combine the **tomato puree**, **harissa paste** and **water for the sauce** (see pantry for amount).
- Season with **salt** and **pepper**.



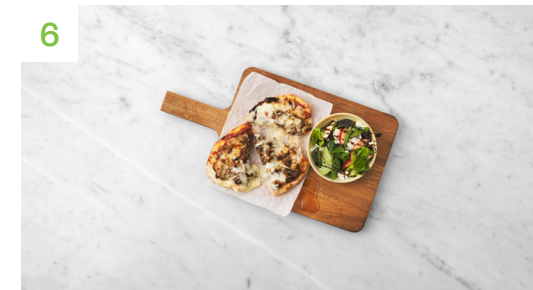
## An Apple a Day

- While your **naanizzas** bake, quarter, core and thinly slice the **apple** (no need to peel).



## Build the Naanizzas

- Grate the **Cheddar cheese**.
- Pop the **naans** onto a large baking tray.
- Divide your **harissa sauce** between **naans** and spread with the back of a spoon, leaving a 1cm border.



## Assemble and Serve

- Share the **naanizzas** between your plates.
- Crumble over the **Greek style salad cheese** and drizzle with the **honey** (see pantry for amount).
- Serve the **apple** and **baby leaves** alongside. Drizzle the **balsamic glaze** over the **salad** to finish.

## Enjoy!