



# Chorizo, Pepper and Sweetcorn Naanizza with Balsamic Dressed Rocket

Classic 25-30 Minutes • 1 of your 5 a day

3



Bell Pepper



Sweetcorn



Garlic Clove



Mature Cheddar  
Cheese



Monterey Jack  
Cheese



Chorizo



Tomato Puree



Plain Naan



Balsamic  
Vinegar



Rocket

**Pantry Items**

Oil, Salt, Pepper, Olive Oil

## Before you start

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

## Cooking tools

Garlic press, grater, frying pan, kitchen paper and bowl.

## Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	1	2
Sweetcorn	75g	100g	150g
Garlic Clove**	1	1	2
Mature Cheddar Cheese** 7)	30g	45g	60g
Monterey Jack Cheese** 7)	30g	45g	60g
Chorizo**	60g	90g	120g
Tomato Puree	2 sachets	3 sachets	4 sachets
Plain Naan 7) 13)	2	3	4
Balsamic Vinegar 14)	½ sachet	½ sachet	1 sachet
Rocket**	40g	60g	80g

Pantry	2P	3P	4P
Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp
Olive Oil for the Dressing*	1 tbsp	1 tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be red, orange, or yellow to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	352g	100g
Energy (kJ/kcal)	2688/643	764/183
Fat (g)	27.4	7.8
Sat. Fat (g)	10.4	3.0
Carbohydrate (g)	69.2	19.7
Sugars (g)	13.4	3.8
Protein (g)	26.8	7.6
Salt (g)	2.99	0.85

Nutrition for uncooked ingredients based on 2 person recipe.

## 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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## Get Prepped

Preheat your oven to 240°C/220°C fan/gas mark 9.

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Drain the **sweetcorn** in a sieve.

Peel and grate the **garlic** (or use a garlic press). Grate the **cheeses**.



## Assemble and Bake

Pop the **naan** onto a baking tray. Divide the **naanizza sauce** between them and spread out with the back of spoon, leaving a 1cm border around the edge.

Top with the **chorizo**, **pepper slices** and **sweetcorn** (see ingredients for amount), then sprinkle over the **cheese**.

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



## Fry Time

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once the **oil** is hot, add the **chorizo** and sliced **pepper**. Stir-fry until the **chorizo** starts to brown and the **pepper** is just soft, 3-4 mins.

Once ready, remove to a plate lined with kitchen paper.



## Mix the Dressing

While the **naanizzas** bake, pour the **balsamic vinegar** and **olive oil for the dressing** into a medium bowl (see ingredients for both amounts). Season with **salt** and **pepper** and mix well.

Just before serving, add the **rocket** into the **dressing** and toss to coat.



## Make the Naanizza Sauce

Pop the **tomato puree** into a small bowl. Add the **garlic** and **water for the sauce** (see ingredients for amount).

Season with **salt** and **pepper** and mix well to combine - this is your **naanizza sauce**.



## Serve

When ready, remove the **naanizzas** from your oven and pop onto your plates.

Serve with the **balsamic dressed rocket** alongside.

## Enjoy!