



# Garlic Portobello Mushroom & Cheddar Naanizza with Pesto and Rocket & Baby Plum Tomato Salad

18

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



Portobello Mushroom



Garlic Clove



Mature Cheddar Cheese



Baby Plum Tomatoes



Fresh Pesto



Plain Naan



Rocket

**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
Baby Plum Tomatoes	125g	190g	250g
Fresh Pesto** 7)	50g	75g	100g
Plain Naan 7)	2	3	4
Rocket**	40g	60g	80g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Olive Oil for the Pesto*	1 tbsp	1½ tbsp	2 tbsp

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>349g</b>	<b>100g</b>
Energy (kJ/kcal)	2782 /665	797 /191
Fat (g)	32.3	9.3
Sat. Fat (g)	10.3	2.9
Carbohydrate (g)	76.7	22.0
Sugars (g)	7.5	2.2
Protein (g)	20.1	5.8
Salt (g)	2.18	0.63

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

## Allergens

7) Milk 11) Soya 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, 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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### 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**.
- Halve the baby **plum tomatoes**.
- In a small bowl, combine the **pesto** and **olive oil for the pesto** (see pantry for amount).



### Mix It Up

- Meanwhile, pop the **rocket** and **baby plum 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 base of each **naan**, leaving a 1cm border around the edge.
- Lay the **garlicky mushrooms** onto the **naanizzas** and scatter over the **Cheddar**.



### Serve

- When ready, serve the **naanizzas** topped with the **salad**.

### Enjoy!