

Goat's Cheese & Caramelised Onion Naanizza

with Spinach and Balsamic Dressed Rocket Salad

Rapid

20 Minutes • Veggie







Baby Spinach

Goat's Cheese



Plain Naan Breads

Pizza Marinara Sauce





Grated Hard Italian Style Cheese

Onion Marmalade





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, colander, baking tray and bowl.

Ingredients

Ingredients	2P	3P	4P
Baby Spinach**	40g	100g	100g
Goat's Cheese** 7)	75g	150g	150g
Plain Naan Breads 7) 13)	2	3	4
Pizza Marinara Sauce	120g	180g	240g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Onion Marmalade	30g	40g	60g
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)	2481/593	856 /204
Fat (g)	19.4	6.7
Sat. Fat (g)	8.1	2.8
Carbohydrate (g)	80.0	27.6
Sugars (g)	17.9	6.2
Protein (g)	21.4	7.4
Salt (g)	1.99	0.69

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

Allergens

7) Milk 8) Egg 13) Cereals containingluten 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,luten 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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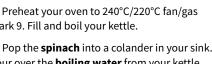
Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ





Wilt the Spinach

- a) Preheat your oven to 240°C/220°C fan/gas mark 9. Fill and boil your kettle.
- **b)** Pop the **spinach** into a colander in your sink. Pour over the **boiling water** from your kettle until wilted.
- c) 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.





Start the Naanizzas

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



Time for Toppings

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



Ready, Steady, Bake

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



Dress the Rocket

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



Serve

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

Enjoy!