



Harissa Sausage Naanizza

with Roasted Pepper, Feta and Baby Gem Salad

Classic 30 Minutes • Medium Spice • 1 of your 5 a day

5



-  Bell Pepper
-  Pork Sausage Meat
-  Tomato Puree
-  Harissa Paste
-  Feta Cheese
-  Naan
-  Baby Gem Lettuce
-  Red Wine Vinegar

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Frying Pan, Wooden Spoon, Bowl, Plate.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Pork Sausage Meat 13) 14)**	225g	340g	450g
Tomato Puree	1 sachet	2 sachets	2 sachets
Harissa Paste	1 sachet	2 sachets	2 sachets
Feta Cheese 7)**	100g	150g	200g
Naan 7) 11) 13)	2	3	4
Baby Gem Lettuce**	1	2	2
Red Wine Vinegar 14)	1 sachet	1 sachet	2 sachets

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

Nutrition

	Per serving	Per 100g
for uncooked ingredient	449g	100g
Energy (kJ/kcal)	3543 /847	790 /189
Fat (g)	44	10
Sat. Fat (g)	17	4
Carbohydrate (g)	78	17
Sugars (g)	13	3
Protein (g)	36	8
Salt (g)	3.94	0.88

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 11) Soya 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Get Started

Preheat your oven to 200°C. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Pop onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Mix to coat and spread out evenly. Roast until soft and beginning to brown, 10-12 mins.



Assemble

Once the **peppers** are roasted, transfer to a small bowl. Pop the **naans** on the baking tray you used for the **peppers**, divide the **harissa mixture** between them and spread with the back of a spoon, leaving a 1cm border. Divide the browned **sausage meat** and **roasted peppers** between them then top with the **feta**. Bake until the **feta** is turning brown and the base is crisp, 10-12 mins.



Cook the Sausage

Meanwhile, heat a splash of **oil** in a large frying pan on medium-high heat. Add the **sausage meat** to the pan, and cook until browned, 4-5 mins, using a wooden spoon to break it up into chunks as it cooks. Remove from the heat and drain off any excess fat. **IMPORTANT:** Wash your hands after handling raw meat. The sausage is cooked when no longer pink in the middle.



Salad Time

Meanwhile, trim the root from the **baby gem lettuce** then separate the leaves. Pop into a bowl. Just before the **naanizzas** are ready, add the **vinegar** with a drizzle of **oil** and season with **salt** and **pepper**. Mix well.



Get Prepped

Meanwhile, pop the **tomato puree** and **harissa paste** into a small bowl, season with **salt** and **pepper** and mix together. **TIP:** Use less harissa if you don't like heat. Crumble the **feta** into chunks.



Serve

Once the **naanizzas** are ready, remove from the oven. Divide the **naanizzas** between plates and serve with the **salad** on the side.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.