



# Harissa Sausage Naanizza

with Roasted Pepper, Cheddar and Baby Gem Salad

10

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



Bell Pepper



Pork and Oregano Sausage Meat



Tomato Puree



Harissa Paste



Mature Cheddar Cheese



Plain Naan



Baby Gem Lettuce



Cider Vinegar

## Before you start

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

## Cooking tools

Baking tray, frying pan, bowl and grater.

## Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Pork and Oregano Sausage Meat** 13) 14)	225g	340g	450g
Tomato Puree	1 sachet	2 sachets	2 sachets
Harissa Paste	1 sachet	2 sachets	2 sachets
Mature Cheddar Cheese** 7)	90g	135g	180g
Plain Naan 7) 11) 13)	2	3	4
Baby Gem Lettuce**	1	2	2
Cider 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	445g	100g
Energy (kJ/kcal)	3798 /908	853 /204
Fat (g)	48	11
Sat. Fat (g)	19	4
Carbohydrate (g)	78	18
Sugars (g)	13	3
Protein (g)	37	8
Salt (g)	3.68	0.83

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 11) Soya 13) 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 220°C. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Pop the **pepper** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. When the oven is hot, roast until soft and beginning to char, 10-12 mins.



## Assemble the Naanizzas

Once the **peppers** are roasted, add to the **cooked sausage meat** pan. Pop the **naans** onto the (now empty) baking tray. Divide the **harissa mix** between them and spread with the back of a spoon, leaving a 1cm border. Top with the **cooked sausage meat** and **peppers**, then sprinkle over the **Cheddar**. Bake the **naanizzas** on the top shelf until the **cheese** is golden and bubbling, 6-7 mins.



## Fry the Sausage Meat

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. When hot, add the **sausage meat** and fry until browned, 4-5 mins. Use a spoon to break it up as it cooks, then drain and discard any excess fat. Remove from the heat. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The sausage meat is cooked when no longer pink in the middle.



## Salad Time

Meanwhile, trim the **baby gem** and separate the leaves. Pop into a large bowl. Just before the **naanizzas** are ready, add the **cider vinegar** and a drizzle of **olive oil** to the **lettuce**. Season with **salt** and **pepper**, then toss to dress.



## Finish the Prep

While the **sausage meat** cooks, mix together the **tomato puree** and **harissa paste** (add less if you don't like heat) in a small bowl with a pinch of **salt** and **pepper**. Grate the **Cheddar cheese**.



## Serve

Once the **naanizzas** are cooked, remove from the oven and transfer to your plates. Serve with the **baby gem salad** alongside.

Enjoy!