



# Roasted Mediterranean Style Veg Loaded Naan with Pesto and Baby Leaf Salad

**Quick** 20-25 Minutes • 3 of your 5 a day • Veggie

42



Sweet Potato



Courgette



Red Onion



Mature Cheddar Cheese



Tomato Puree



Plain Naans



Pesto



Greek Style Natural Yoghurt



Baby Leaf Mix



Balsamic Glaze

**Pantry Items**

Oil, Salt, Pepper, Sugar, Honey

## Before you start

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

## Cooking tools

Grater, baking tray and bowl.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	1	2	2
Courgette**	1	2	2
Red Onion	1	2	2
Mature Cheddar Cheese** 7)	40g	70g	80g
Tomato Puree	60g	90g	120g
Plain Naans 7) 13)	2	3	4
Pesto 7)	32g	48g	64g
Greek Style Natural Yoghurt** 7)	75g	150g	150g
Baby Leaf Mix**	20g	50g	50g
Balsamic Glaze 14)	12ml	18ml	24ml
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	2 tbsps	3 tbsps	4 tbsps
Honey*	1 tbsps	1½ tbsps	2 tbsps

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>581g</b>	<b>100g</b>
Energy (kJ/kcal)	3518 /841	606 /145
Fat (g)	28.1	4.8
Sat. Fat (g)	9.2	1.6
Carbohydrate (g)	119.2	20.5
Sugars (g)	36.4	6.3
Protein (g)	26.0	4.5
Salt (g)	2.08	0.36

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

## 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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

## Contact

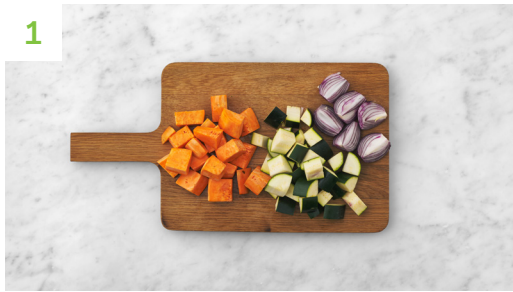
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## Prep the Veg

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

Chop the **sweet potatoes** into 2cm chunks (no need to peel).

Trim the **courgette**, then quarter lengthways. Chop widthways into 1cm pieces.

Halve and peel the **red onion**, then cut each half into 3 wedges.

Grate the **cheese**.



## Warm the Naans

When the **veg** has 7 mins roasting time remaining, pop the **naans** onto the middle shelf until golden and bubbling, 6-7 mins.

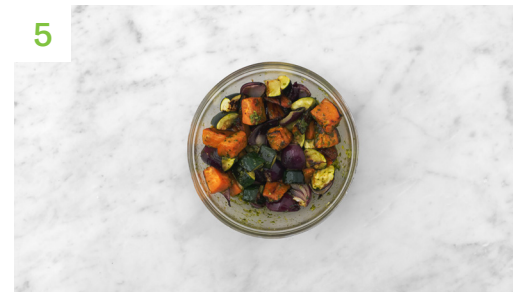


## Time to Roast

Put the **sweet potato** chunks, **courgette** and sliced **onion** onto a large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**

When the oven is hot, roast on the top shelf until golden, 20-22 mins. Turn halfway through.



## Hey Pesto

Once the **veg** has roasted, drizzle over the **pesto** and **honey** (see pantry for amount).

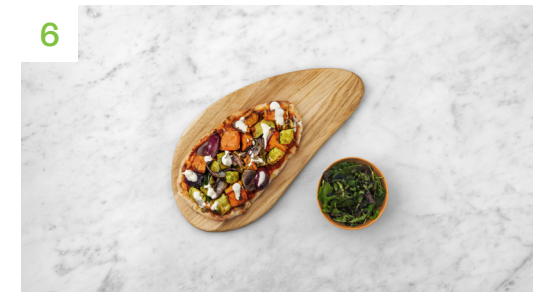


## Mix the Sauce

While everything's in the oven, in a small bowl, combine the **tomato puree**, **sugar** and **water for the sauce** (see pantry for both amounts).

Lay the **naans** on another baking tray.

Divide the **tomato sauce** between the **naans** and spread with the back of a spoon, leaving a 1cm border. Sprinkle over the **cheese**. Set aside for later.



## Serve Up

Share the **naans** between your plates. Load the **pesto veg** onto each **naan**.

Drizzle over the **yoghurt**.

Serve the **baby leaf salad** alongside. Drizzle over the **balsamic glaze** over the **leaves** to finish.

## Enjoy!