



# Middle Eastern Inspired Cheesy Harissa Naanizza with an Apple and Baby Leaf Salad

**Quick** 20 Minutes • **Medium Spice** • 2 of your 5 a day • Veggie

19



Onion



Garlic Clove



Bell Pepper



Tomato Puree



Harissa Paste



Mature Cheddar  
Cheese



Plain Naans



Apple



Grated Hard Italian  
Style Cheese



Baby Leaf Mix



Balsamic Glaze

**Pantry Items**

Oil, Salt, Pepper

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Garlic press, frying pan, bowl, grater and baking tray.

## Ingredients

Ingredients	2P	3P	4P
Onion	1	1½	2
Garlic Clove**	2	3	4
Bell Pepper***	1	1½	2
Tomato Puree	30g	45g	60g
Harissa Paste	50g	75g	100g
Mature Cheddar Cheese** 7)	70g	110g	140g
Plain Naans 7) 13)	2	3	4
Apple**	1	1½	2
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Baby Leaf Mix**	50g	70g	100g
Balsamic Glaze 14)	12ml	18ml	24ml

Pantry	2P	3P	4P
Water for the Sauce*	1 tbsp	1½ tbsp	2 tbsp

\*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

Typical Values	Per serving	Per 100g
for uncooked ingredient	453g	100g
Energy (kJ/kcal)	3123 /747	690 /165
Fat (g)	31.3	6.9
Sat. Fat (g)	10.8	2.4
Carbohydrate (g)	87.7	19.4
Sugars (g)	22.8	5.0
Protein (g)	27.2	6.0
Salt (g)	2.41	0.53

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

## Allergens

7) Milk 8) Egg 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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## Get Started

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press).
- Halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **onion** and **sliced pepper** to the pan. Stir-fry until softened, 5-6 mins. Season with **salt** and **pepper**. Add the **garlic** and fry for 1 min more.



## Time to Bake

- Top each **naanizza** with the **fried onion** and **bell pepper**, then sprinkle over the **grated Cheddar**.
- When the oven is hot, bake on the top shelf until the **cheese** is golden and bubbling, 6-7 mins.



## Make your Sauce

- Meanwhile, in a medium bowl, combine the **tomato puree**, **harissa paste** and **water for the sauce** (see pantry for amount).
- Season with **salt** and **pepper**.



## An Apple a Day

- While your **naanizzas** bake, quarter, core and thinly slice the **apple** (no need to peel).



## Build the Naanizzas

- Grate the **Cheddar cheese**.
- Pop the **naans** onto a large baking tray.
- Divide your **harissa sauce** between the **naans** and spread with the back of a spoon, leaving a 1cm border.



## Assemble and Serve

- Share the **naanizzas** between your plates.
- Sprinkle over the **hard Italian style cheese**.
- Serve the **apple** and **baby leaves** alongside. Drizzle the **balsamic glaze** over the **salad** to finish.

## Enjoy!