

Caramelised Onion, Cheese and Pesto Naanizza

with Sweetcorn and Balsamic Tomato Salad

Quick 20 Minutes • 2 of your 5 a day • Veggie



Red Onion



Mature Cheddar
Cheese



Sweetcorn



Baby Plum
Tomatoes



Plain Naans



Marinara Sauce



Pesto



Wild Rocket



Balsamic Glaze

Before you start

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

Cooking tools

Frying pan, grater, sieve and baking tray.

Ingredients

Ingredients	2P	3P	4P
Red Onion	1	1	2
Mature Cheddar Cheese** 7)	90g	140g	180g
Sweetcorn	160g	340g	340g
Baby Plum Tomatoes	125g	190g	250g
Plain Naans 7) 13)	2	3	4
Marinara Sauce	120g	180g	240g
Pesto 7)	32g	48g	64g
Wild Rocket**	40g	60g	80g
Balsamic Glaze 14)	12ml	12ml	24ml

**Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	481g	100g
Energy (kJ/kcal)	3341 / 798	695 / 166
Fat (g)	34.9	7.2
Sat. Fat (g)	12.3	2.6
Carbohydrate (g)	89.5	18.6
Sugars (g)	20.5	4.3
Protein (g)	29.1	6.0
Salt (g)	3.01	0.63

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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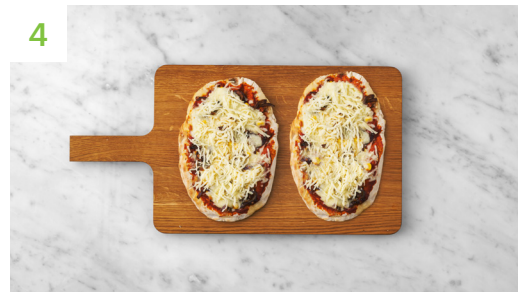
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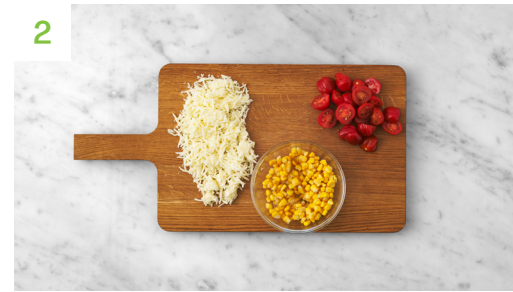
1 Caramelize the Onion

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Halve, peel and thinly slice the **red onion**.
- Heat a drizzle of **oil** in a large frying pan on medium heat.
- Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 10-12 mins.



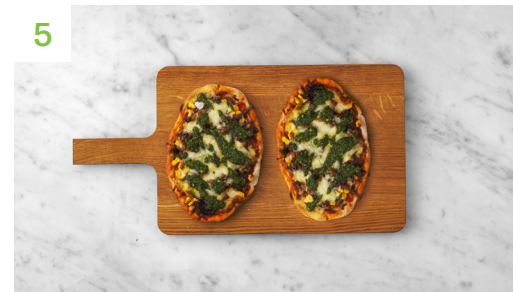
4 Add the Toppings

- Top the **naanizzas** with the **sweetcorn** and **caramelised onion**.
- Sprinkle over the **grated Cheddar**.



2 Finish the Prep

- Meanwhile, grate the **Cheddar cheese**.
- Drain the **sweetcorn** in a sieve. Halve the **baby plum tomatoes**.



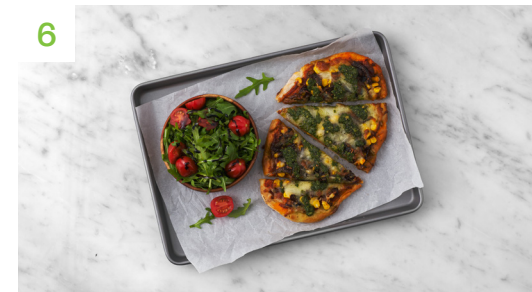
5 Hey Pesto

- When the oven is hot, bake on the top shelf until the **cheese** is golden and bubbling, 6-7 mins.
- Once the **naanizzas** are ready, drizzle over the **pesto**.



3 Sauce Things Up

- Meanwhile, pop the **naans** onto a baking tray.
- Divide the **marinara sauce** between the **naans** and spread with the back of a spoon, leaving a 1cm border.



6 Serve Up

- Share the **naanizzas** between your plates.
- Combine the **rocket** with the **tomatoes** and serve alongside. Drizzle the **balsamic glaze** over the **salad** to finish.

Enjoy!