



Chorizo, Pepper and Sweetcorn Naanizza with Balsamic Dressed Rocket

Family 35 Minutes • 1 of your 5 a day

10



Bell Pepper



Sweetcorn



Garlic Clove



Cheddar Cheese



Monterey Jack Cheese



Chorizo



Tomato Puree



Naan



Balsamic Vinegar



Rocket

Before you start

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

Cooking tools, you will need:

Sieve, Garlic Press, Grater, Frying Pan, Wooden Spoon, Plate, Bowl, Baking Tray.

Ingredients

	2P	3P	4P
Bell Pepper***	1	1	2
Sweetcorn**	75g	100g	150g
Garlic Clove	1	1	2
Cheddar Cheese 7)**	30g	45g	60g
Monterey Jack Cheese 7)**	30g	45g	60g
Chorizo**	60g	90g	120g
Tomato Puree	2 sachets	3 sachets	4 sachets
Water for the Sauce*	2 tbsp	3 tbsp	4 tbsp
Naan 7) 11) 13)	2	3	4
Balsamic Vinegar 14)	½ sachet	½ sachet	1 sachet
Olive Oil for the Dressing*	1 tbsp	1 tbsp	2 tbsp
Rocket**	40g	60g	80g

*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	352g	100g
Energy (kJ/kcal)	2799/669	795/190
Fat (g)	28	8
Sat. Fat (g)	11	3
Carbohydrate (g)	77	22
Sugars (g)	14	4
Protein (g)	26	7
Salt (g)	3.09	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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Packed in the UK

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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. Drain the **sweetcorn** in a sieve. Peel and grate the **garlic** (or use a garlic press). Grate the **cheeses**.



Fry Time

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once the **oil** is hot, add the **chorizo** and **pepper slices**. Fry until the **chorizo** starts to brown on the outside and the **pepper** is just soft, 3-4 mins. Continue to stir while they cook. Once ready, remove to a plate lined with kitchen paper.



Make the Sauce

Pop the **tomato puree** into a small bowl. Add the **garlic** and the **water** (see ingredients for amount). Season with a little **salt** and **pepper** and mix well to combine. This is your **naanizza base sauce**.



Assemble and Bake

Divide the **sauce** between the **naan breads**. Use a spoon to spread the **sauce** all over the **naan**, leaving a 1cm border around the edge (as the crust). Top with the **chorizo**, **pepper slices** and **sweetcorn** (see ingredients for amount), spreading it all out evenly. Then scatter the **cheese** all over. Pop your **naanizzas** onto a baking tray and bake in your oven until the **cheese** has melted and is bubbling, 6-7 mins.



Get Dressed

While the **naanizza** bakes, pour the **balsamic vinegar** and **olive oil** into a medium bowl (see ingredients for both amounts). Season with **salt** and **pepper** and mix well. Just before serving, pop the **rocket** into the bowl with the **dressing** and toss to coat. Don't do this too early or the **rocket** will become soggy.



Serve

When ready, remove the **naanizzas** from the oven. Pop them onto your plates and serve with the **rocket salad** alongside.

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.