



Veggie Fajita 'Supernova' Tortizzas

with Peppers, Yoghurt and Corn on the Cob

LIGHTYEAR 25-30 Minutes • Veggie • 3 of your 5 a day

21



Corn on the Cob



Bell Pepper



Green Pepper



Tomato Puree



Mexican Style Spice Mix



Mature Cheddar Cheese



Super Soft Tortilla with Whole Wheat



Greek Style Natural Yoghurt

Pantry Items
Olive Oil

Disney · PIXAR
LIGHTYEAR
IN CINEMAS JUNE 17



To the dinner table... and beyond!

We've teamed up with Disney and Pixar to celebrate the launch of the new original sci-fi action-adventure "Lightyear".

Before you start

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

Cooking tools

Aluminium foil, frying pan, grater, bowl and baking tray.

Ingredients

	2P	3P	4P
Corn on the Cob**	2	3	4
Bell Pepper***	1	2	2
Green Pepper**	1	1	2
Tomato Puree	1 sachet	2 sachets	3 sachets
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
Olive Oil for the Topping*	1 tbsp	1½ tbsp	2 tbsp
Mature Cheddar Cheese** 7)	90g	120g	180g
Super Soft Tortilla with Whole Wheat 13)	4	6	8
Greek Style Natural Yoghurt** 7)	50g	75g	100g

*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	467g	100g
Energy (kJ/kcal)	2510 /600	538 /129
Fat (g)	28.8	6.2
Sat. Fat (g)	13.4	2.9
Carbohydrate (g)	56.0	12.0
Sugars (g)	13.2	2.8
Protein (g)	23.8	5.1
Salt (g)	2.09	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Cereals containing gluten

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 Set for Adventure

Preheat your oven to 220°C/200°C fan/gas mark 7. Halve the **corn on the cobs** widthways by running a knife firmly around the middle, then snapping them in half with your hands. Pop the **corn** onto a large sheet of foil. Drizzle with **oil**, season with **salt** and **pepper** if you'd like, then scrunch the foil closed to create a **parcel**. When the oven is hot, roast on the top shelf until the **corn** is tender, 25-30 mins.



Tortizzas are Go

When the **peppers** are cooked, scatter them over the **tortizza bases** and sprinkle the **cheese** all over - start from the centre outwards to make the '**supernova**' explosion! Bake your **tortizzas** on the middle shelf of your oven until the base is golden and the **cheese** is bubbling, 7-8 mins.

Space Ranger Mission: *Supernova spotted! Little space rangers can help scatter the cheese over the tortizza bases to make the explosions. You'll add the explosion cores when serving.*



Fry the Peppers

While the **corn** roasts, halve the **peppers** 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 **pepper** and fry, stirring occasionally, until just soft, 3-4 mins. Set aside once softened.



Finish Up

Once the **corn** is cooked, carefully remove from the foil and spread with a little **butter** if you'd like.



Prep Time

Meanwhile, combine the **tomato puree**, **Mexican style spice mix** and **olive oil for the topping** (see ingredients for amount) in a small bowl. **TIP:** *Add less spice if you prefer things milder.* Grate the **cheese**. Lay the **tortillas** (2 per person) onto a baking tray and cover with the **tomato puree mixture**, leaving a 1cm border around the edge.



Supernovas are Served!

When ready, transfer the **fajita 'supernova' tortizzas** to your plates and top with a dollop of **yoghurt** to make your explosion cores. Serve with the **corn on the cob** alongside.

Enjoy!

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