



# Cheesy Chorizo and Sweetcorn Pizza

with Tomatoes and Cheddar

10

Family 35 Minutes • 1 of your 5 a day



Sweetcorn



Baby Plum Tomatoes



Mature Cheddar  
Cheese



Greek Style Salad  
Cheese



Pizza Bases



Pizza Sauce



Sliced Chorizo

## Before you start

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

## Cooking tools

Sieve, frying pan, grater and baking tray.

## Ingredients

|                               | 2P   | 3P   | 4P   |
|-------------------------------|------|------|------|
| Sweetcorn**                   | 150g | 326g | 326g |
| Baby Plum Tomatoes            | 125g | 250g | 250g |
| Mature Cheddar Cheese** 7)    | 60g  | 90g  | 120g |
| Greek Style Salad Cheese** 7) | 50g  | 100g | 100g |
| Pizza Bases 13)               | 2    | 3    | 4    |
| Pizza Sauce                   | 120g | 180g | 240g |
| Sliced Chorizo**              | 50g  | 75g  | 100g |

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

## Nutrition

|                         | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 533g        | 100g     |
| Energy (kJ/kcal)        | 4778 /1142  | 897 /214 |
| Fat (g)                 | 37          | 7        |
| Sat. Fat (g)            | 13          | 2        |
| Carbohydrate (g)        | 163         | 31       |
| Sugars (g)              | 12          | 2        |
| Protein (g)             | 38          | 7        |
| Salt (g)                | 6.29        | 1.18     |

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 13) 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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## Char the Corn

Preheat your oven to 200°C. Drain the **sweetcorn** in a sieve. Heat a large frying pan on medium-high heat (no oil). Once the pan is hot, add the **sweetcorn** and cook until the liquid has evaporated and the **sweetcorn** is charred, 5-6 mins. Stir only twice during this time - you want the **sweetcorn** to pick up some nice colour.



## Finish the Prep

While the **sweetcorn** chars, halve the **tomatoes**. Grate the **Cheddar cheese** and crumble the **Greek style salad cheese** into small pieces. Once the **sweetcorn** has charred, remove it from the heat.



## Spread the Sauce

Pop the **pizza bases** onto a board. Spread the **pizza sauce** over the **pizza bases**, leaving a 1cm border around the edge.



## Assemble the Pizzas

Divide the **chorizo slices** between the **pizza bases**, then top with the **tomatoes** (cut-side up). Sprinkle over the **charred sweetcorn**, **Cheddar** and **Greek style salad cheese**.



## Bake

When the oven is hot, slide the **pizzas** directly onto the middle rack and bake until the **base** is golden and the **cheese** has melted and is bubbly, 10-12 mins.



## Serve

Once the **pizzas** are cooked, remove from your oven and transfer to a board or plates. Slice up to serve (use scissors if easier).

Enjoy!