



# Goat's Cheese & Caramelised Onion Naanizza with Spinach and Balsamic Rocket Salad

18

Rapid 20 Minutes • 1 of your 5 a day • Veggie



Baby Spinach



Goat's Cheese



Plain Naan



Pizza Sauce



Grated Hard Italian Style Cheese



Onion Marmalade



Medium Tomato



Rocket



Balsamic Glaze

## Before you start

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

## Cooking tools

Kettle, colander, baking tray and bowl.

## Ingredients

	2P	3P	4P
Baby Spinach**	100g	150g	200g
Goat's Cheese** 7)	75g	150g	150g
Plain Naan 7)	2	3	4
11) 13)			
Pizza Sauce	120g	180g	240g
Grated Hard Italian Style Cheese** 7) 8)	25g	40g	50g
Onion Marmalade	30g	40g	60g
Medium Tomato	1	2	2
Rocket**	20g	40g	40g
Balsamic Glaze 14)	1 sachet	1½ sachets	2 sachets

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	388g	100g
Energy (kJ/kcal)	2357 /563	608 /145
Fat (g)	18.5	4.8
Sat. Fat (g)	8.7	2.2
Carbohydrate (g)	77.8	20.1
Sugars (g)	17.1	4.4
Protein (g)	21.4	5.5
Salt (g)	1.92	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 11) Soya 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, 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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### Wilt the Spinach

**a)** Preheat your oven to 240°C/220°C fan/gas mark 9. Fill and boil your kettle.

**b)** Pop the **spinach** into a colander in your sink. Pour over the **boiling water** from your kettle until wilted.

**c)** Once wilted, squeeze out all of the excess water from the **spinach** with the back of a spoon.

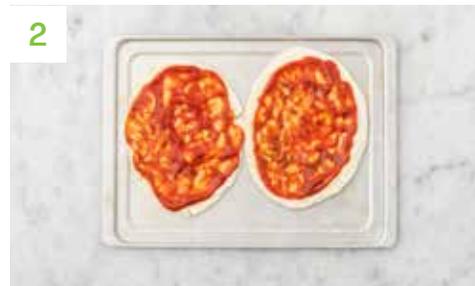
**TIP:** You may need to do this in batches.



### Ready, Steady, Bake

**a)** When the oven is hot, bake the **naanizzas** on the top shelf until the **cheese** is golden and bubbling, 6-7 mins.

**b)** In the meantime, chop the **tomatoes** into small pieces and pop them into a medium bowl with the **rocket**.



### Start the Naanizzas

**a)** Crumble the **goat's cheese**.

**b)** Pop the **naans** onto a baking tray.

**c)** Divide the **pizza sauce** between them and spread out with the back of a spoon, leaving a 1cm border.



### Dress the Salad

**a)** Just before you are ready to serve, drizzle a little **oil** over the **rocket** and **tomatoes**.

**b)** Season with **salt** and **pepper**. Toss gently to coat.



### Time for Toppings

**a)** Sprinkle the **hard Italian style cheese** evenly over the **sauce**.

**b)** Top each **naanizza** with the **spinach** and **goat's cheese**.

**c)** Dollop on the **onion marmalade**.



### Serve

**a)** When the **naanizzas** are ready, slide them onto your serving plates.

**b)** Serve the **rocket salad** alongside drizzled with the **balsamic glaze**.

### Enjoy!