



BBQ Sweetcorn Naanizza

with a side of slaw

Family Quick Cook 20 – 25 mins

25



Cabbage



Onion



Sweetcorn



Central American Style Spice Mix



Tomato Paste



Naan



Grated Cheese



Scallion



Aioli



BBQ Sauce

Pantry Items: Oil, Salt, Pepper, Sugar, Water



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Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, colander

Ingredients

	2P	4P
Cabbage	1 unit	2 units
Onion	2 units	4 units
Sweetcorn	1 pack	2 packs
Central American Style Spice Mix	1 sachet	2 sachets
Tomato Paste	1 tin	2 tins
Naan	2 units	4 units
Grated Cheese	50 g	100 g
Scallion	2 units	4 units
Aioli	1 sachet	2 sachets
BBQ Sauce	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	530 g	100 g
Energy (kJ/kcal)	3276 kJ/ 783 kcal	618 kJ/ 148 kcal
Fat (g)	30.7 g	5.8 g
Sat. Fat (g)	7.9 g	1.5 g
Carbohydrate (g)	101.7 g	19.2 g
Sugars (g)	25.4 g	4.8 g
Protein (g)	25.3 g	4.8 g
Salt (g)	2.8 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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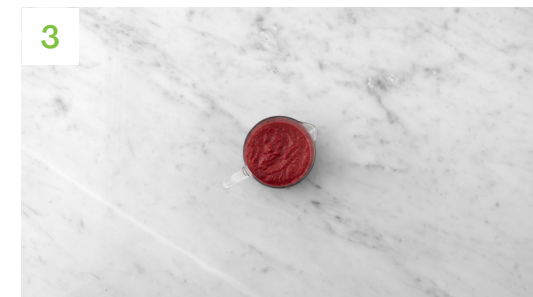
Start the Slaw

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Halve the **cabbage**, cut out and discard the tough core, then thinly slice.



Fry the Onion

- Meanwhile, halve, peel and thinly slice the **onion**.
- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** to the pan and fry until softened, stirring occasionally, 4-5 mins.
- Meanwhile, drain the **sweetcorn**.
- Add the **sweetcorn** and **Central American spice** to the pan and fry until fragrant, 2-3 mins. Remove from the heat and season with **salt** and **pepper**.



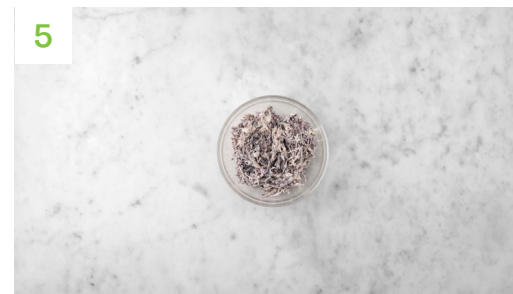
Make the Sauce

- In a bowl, mix together **tomato paste**, 1 tsp **water** and ½ tsp **sugar** (double both for 4p).
- Pop the **naans** onto a lined baking tray.
- Divide the **tomato** sauce between the **naans**.
- Use the back of a spoon to spread the sauce evenly over the surface, leaving a 1cm border around the edge.



Bake the Naanizza

- Top the **naans** with the spiced **sweetcorn** and **onion**.
- Sprinkle the **cheese** over the top.
- Transfer your naanizzas to the top shelf of the oven and bake until the **cheese** is golden and bubbling, 6-7 mins.



Finishing Touches

- While the naanizzas bake, trim and thinly slice the **scallion**.
- Toss the **cabbage** with the **aioli** and sliced **scallion** to make your slaw.
- Season to taste with **salt** and **pepper**.



Serve and Enjoy

- When the naanizzas are ready, share between plates.
- Drizzle the **BBQ sauce** over the top.
- Serve the slaw alongside.

Enjoy!