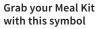


Quick Chorizo & Cheesy Ciabatta Pizza Melt with Pear Salad

with this symbol











Mild Chorizo



Sweetcorn



Ciabatta



Tomato Sugo





Pear



Cheddar Cheese

Mixed Salad Leaves

Pantry items

Olive Oil, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Oven tray lined with baking paper

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
mild chorizo	1 packet	2 packets	
garlic	2 cloves	4 cloves	
sweetcorn	½ tin	1 tin	
ciabatta	2	4	
tomato sugo	1 packet (200g)	1 packet (400g)	
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)	
pear	1	2	
mixed salad leaves	1 bag (30g)	1 bag (60g)	
balsamic vinegar*	drizzle	drizzle	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3472kJ (830Cal)	709kJ (169Cal)
Protein (g)	39.6g	8.1g
Fat, total (g)	38.7g	7.9g
- saturated (g)	16.3g	3.3g
Carbohydrate (g)	68.5g	14g
- sugars (g)	15.3g	3.1g
Sodium (mg)	1969mg	402mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

 Roughly chop mild chorizo. Finely chop garlic. Drain sweetcorn (see ingredients). Halve ciabatta lengthways.



Grill the ciabatta

- · Preheat grill to high.
- Place ciabatta on a lined oven tray and gently spoon chorizo mixture evenly over each half.
- Sprinkle over shredded Cheddar cheese and grill until the cheese is melted,
 4-5 minutes.
- Meanwhile, thinly slice pear. In a medium bowl, combine mixed salad leaves and pear with a drizzle of balsamic vinegar and olive oil.



Cook the chorizo & corn

- In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook **chorizo** and **sweetcorn**, tossing, until golden and lightly browned, **4-5 minutes**.
- Add garlic and cook until fragrant, 1 minute. Add tomato sugo and cook until slightly reduced, 1-2 minutes.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Serve up

- Divide chorizo and cheesy ciabatta pizza melts between plates.
- Serve with pear salad.

Enjoy!