

# Save Our Stomachs

## TEARSHARE NAAN SENSATIONS



Our pizza-style recipe beats any high street delivery or supermarket brand any day. Use Quality Standard beef mince available from your local butcher or supermarket and to give it that extra kick try adding some chilli sauce when serving.

This recipe serves 2 as a main meal or 4 as a snack and takes 25-30 minutes to prepare and 25-30 minutes to cook

### **Cooking equipment you will need:**

- A shallow baking tray
- A chopping board
- A shallow non-stick frying pan
- A wooden spoon
- A sharp knife

### **Ingredients you will need:**

- 3 small red onions
- 15-30ml olive oil
- 375g Quality Standard beef mince
- Small handful fresh parsley
- Salt and freshly milled black pepper
- 2 prepared bread bases, e.g.: naan, focaccia or ciabatta
- 2tbsp prepared onion marmalade or onion relish (available at all supermarkets)
- 25g fresh baby spinach leaves
- 50g blue cheese, crumbled, or grated Mozzarella cheese
- Extra virgin olive oil, to drizzle

**To prepare your ingredients:**

Peel and cut the onions into quarters

Roughly chop the parsley

Rinse the spinach leaves

**Method:**

Preheat the oven to Gas mark 7, 220°C/425°F.

Place the onion wedges on a shallow baking tray, drizzle with the olive oil and roast for 15-20 minutes.

Meanwhile, heat a large, shallow, non-stick frying pan until hot and dry fry the mince for 5-7 minutes with the herbs. Season.

Spread the bread bases evenly with onion marmalade or relish. Spoon over the mince mixture and top with the roasted onions. Return to the oven and bake for 5 minutes.

Remove the bread and scatter with the baby spinach leaves and cheese. Return to the oven and cook for a further 5-8 minutes.

Drizzle with extra virgin olive oil before serving.

**Tip:**

Choose from a selection of prepared toppings such as tapenade, sun-dried tomato paste or replace the blue cheese for an alternative cheese of your choice.

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