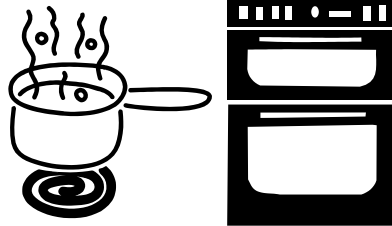


Quick Pizza

Serves 6

Portions of fruit & vegetables per serving: 1

Hob needed Oven needed



Allergen information:

Allergens are in bold.

Contains milk

Contains cereals

containing gluten

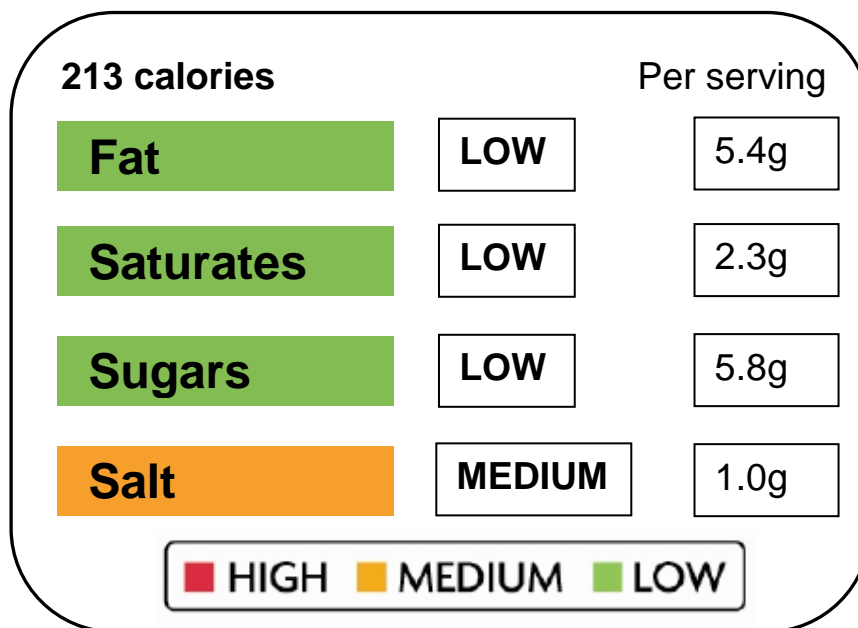
Ingredients	Amount	Preparation
vegetable oil	1 teaspoon	
onion	1 small	finely chopped
garlic	1 clove	finely chopped
canned chopped tomatoes	1 can (400g/14oz)	
mixed dried herbs	2 teaspoons	
black pepper	to taste	
part-baked baguettes/wholemeal bread rolls/ciabatta bread or ready made pizza base	1 per person	
mushrooms	4 (75g/3oz)	washed and sliced
tomatoes	2 medium	sliced
sweet pepper	1 medium	chopped
sweetcorn	1 small tin (200g/7oz)	drained
mature cheddar or mozzarella cheese	75g (3oz)	grated (the mozzarella can be sliced)

Please Turn Over



Method

- 1 Heat the oil in a pan and fry the onion and garlic until they are soft.
- 2 Add the chopped tomatoes, mixed dried herbs and black pepper.
- 3 Leave to simmer on a low heat for 8-10 minutes.
- 4 Slice open the baguettes /bread rolls and place on a large ovenproof tray.
- 5 Spoon the tomato mixture onto each one and spread out.
- 6 Arrange the sliced mushrooms, tomatoes, pepper and sweetcorn on top and cover with a small amount of grated cheddar or sliced mozzarella.
- 7 Grill or bake in the oven for 10-15 minutes until the cheese has melted.
- 8 Serve.



Handy Hints

- Serve with salad or baked beans.
- Try adding different toppings e.g. tinned tuna, pineapple, other vegetables.
- Easy and fun for kids to make and they can design their own.

