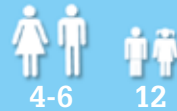


# Pizza

Prep time: 10 minutes    Cooking time: 20 minutes



## Ingredients

### Base

250g / 9oz self raising flour (wholemeal or white or try ½ and ½)  
1 tablespoon olive oil  
1 teaspoon mixed herbs  
150ml / 5fl oz warm water\*

### Topping

4 tablespoon tomato dip (see sides and delights section) or tomato puree  
2 handfuls grated cheese – enough to cover top of pizza  
Selection of vegetables e.g. mushrooms, chopped onion, pepper – all sliced



**Method.** Pre heat oven to 200°C/Gas Mark 6

- Sieve flour into a mixing bowl. Add oil and herbs. Stir slowly adding water to form a soft dough.
- Turn out the dough onto a floured surface. Knead for about 5 minutes
- Using a rolling pin, roll out to fit the baking tray (it doesn't have to be round). Grease and flour your tray before you put your dough base on it
- Once in desired shape, spread tomato dip/puree onto the dough along with chosen toppings and cheese. Extra mixed herbs could be sprinkled over the pizza

- Cook for around 20 minutes until golden
- Serve with salad. Try the Sides and Delights section for accompaniment ideas



**Tip!**  
Wholemeal flour for the base and vegetable toppings are a great way to increase your fibre intake