

## Eatwell Pizza

This quick and easy flatbread dough is ideal to make pizzas in an electric multi cooker or non-stick frying pan – no grill or oven required! With bread, vegetables, cheese and meat or fish as toppings – it matches the food groups of the Eatwell Guide, giving you a well-balanced meal.



Milk and wheat (gluten)\*

Nutritional information per portion (260g):

| Energy                   | Fat        | Saturates   | Sugars      | Salt         |
|--------------------------|------------|-------------|-------------|--------------|
| 1260kJ<br>300kcal<br>15% | 5.4g<br>8% | 2.1g<br>10% | 8.8g<br>10% | 0.99g<br>16% |

of an adult's reference intake.  
Typical values per 100g: energy 485kJ/115kcal.

### Equipment

Weighing scales  
Sieve  
Mixing bowl  
Measuring jug  
Wooden spoon  
Table knife  
Large non-stick frying pan with lid  
Fish slice or tongs  
Plate or baking tray  
Chopping board  
Sharp knife  
Peeler  
Grater  
Measuring spoons  
Medium saucepan  
Can opener  
Foil (optional)

### Ingredients

Makes 8 mini or 4 small pizzas

#### Pizza base

200g self-raising flour plus extra for dusting  
200g wholemeal self-raising flour  
Black pepper (optional)  
400ml low-fat natural yoghurt

#### Topping

150g cooked chicken OR ham  
OR 160g can tuna in water  
1 red pepper  
1 medium courgette  
1 medium carrot  
1 medium red onion  
1 clove garlic  
2 x 5ml spoons vegetable oil  
1 x 400g can chopped tomatoes  
1 x 220g can reduced sugar and salt baked beans in tomato sauce  
8-10 basil leaves OR 1 x 5ml spoon dried basil, oregano OR mixed herbs  
½ x 5ml spoon chilli powder  
OR ¼ x 5ml spoon dried chilli flakes (optional)  
Black pepper (optional)  
100g reduced-fat mature cheddar cheese, grated (for the topping)

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



### Top Tip

- To make the flatbread bases in a larger or smaller quantity just use equal quantities of flour and yoghurt.

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### Method

#### Pizza base

1. Sift the flours into the mixing bowl and add the black pepper (if using).
2. Add the yoghurt and stir until well mixed.
3. Tip out onto a clean, floured surface and knead gently until smooth.
4. Divide the dough into 8 or 4 and make into balls.
5. Lightly dust the surface with flour and pat out each ball to the size of a saucer (about ½cm thick).
6. Heat the frying pan over a medium heat and cook the pizza bases 1 or 2 at a time until they are crisp and golden. Turn down the heat once they have started cooking.
7. Remove the pizza bases with a fish slice or tongs and place on a plate or baking tray. Repeat with the rest of the bases.

#### Tomato topping

1. Wash the pepper, courgette and carrot. Holding the pepper stalk cut the sides away from the centre and discard the stalk. Cut the pepper into bite-sized chunks.
2. Peel and finely chop the onion and garlic.
3. Peel and grate the carrot and grate the courgette.
4. Heat the oil in the saucepan. Add the onion, garlic and pepper and cook for 2 minutes.
5. Add the grated carrot and courgette and cook for a further 2 minutes.
6. Open the tomatoes and baked beans and add to the pan together with the basil leaves or dried herbs, chilli powder or flakes and some black pepper (if using).
7. Stir well and simmer for 10-15 minutes until the sauce has thickened.

#### Making the pizzas

1. Spread the topping over the pizza bases and serve. Dress up your pizza with some of the ideas from the 'Something to try next time' section. (For a melted topping, heat the pizzas in the frying pan over a medium heat for 2 minutes until the cheese has melted).

#### Skills used include:

Washing, weighing, measuring, peeling, chopping, grating, sifting, mixing/combining, spreading, frying, serving.

[www.letsgetcookingathome.org.uk](http://www.letsgetcookingathome.org.uk)

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### Something to try next time

- Dress up your pizza with different topping options:
  - 1 x 213g can pineapple chunks or rings in juice
  - 1 x 198g can sweetcorn
  - 50g baby spinach leaves
  - 50g rocket
  - Small bunch (10g) basil
- Add 1 x 15ml spoon of chopped fresh herbs (parsley, chives or oregano) a crushed clove of garlic or a pinch of chilli flakes to the flatbread dough at step 2.
- Try crumpets, pitta bread or halved bagels or muffins as a base instead of flatbread. Lightly toast them in the frying pan before completing the pizzas.
- Bake the pizzas in a preheated oven at 200°C/180°C fan or gas mark 6 for 8-10 minutes. Alternatively place the pizzas under a preheated grill and grill on high until the cheese is bubbling and the pizzas are hot.
- Freeze any leftover tomato topping for up to 1 month to make another batch of pizzas later or use it as a great vegetarian sauce for wholemeal pasta.

### Prepare now, eat later

- Cook the bases up to 24 hours ahead or freeze the cooked bases for up to 1 month. Defrost for an hour before topping.
- Cook the sauce up to 24 hours in advance, cool and store, covered in the fridge. Heat the sauce until simmering before spreading on the bases.

The Eatwell Guide shows the different types of food and drinks we should consume – and in what proportions – to have a healthy, balanced diet. To find out more visit [www.nhs.uk/eatwellguide](http://www.nhs.uk/eatwellguide)