



Pizza

Ingredients

150g strong bread flour
½ x 5ml spoon instant yeast (from a sachet or a tub)
½ x 5ml spoon salt
½ x 15ml olive oil
25g tomato purée
50g low fat cheese, grated
1 tomato sliced
3 mushrooms sliced
1 onion sliced
1 x 5ml spoon dried herbs

Equipment

Baking tray, baking parchment, mixing bowl, mixing spoon, chopping board, vegetable knife, rolling pin, palette knife,

Method

1. Preheat oven to 200°C, gas mark 6 and grease a baking tray.
2. Put the flour into a large bowl, then stir in the yeast and salt.
3. Make a well and pour in 200ml of warm water and the olive oil and bring together with a wooden spoon. It should form a soft and fairly wet dough.
4. Turn the dough onto a lightly floured surface and knead for 5 minutes until smooth.
5. Cover the dough with a tea towel and set aside.
6. Slice the tomatoes, mushroom and onions and put to one side.
7. Grate the low fat cheese.
8. Roll out the dough into a rectangle.
9. Spread the tomato puree, tomato, mushrooms and onion over the base.
10. Sprinkle the cheese and the herbs on top.
11. Bake for 15-20 minutes, until golden.
12. After baking, place on a cooling rack.

Tips:

- Try using half wholemeal and half white flour for extra fibre and flavour.
- Add dried herbs to the dough.
- Try using snipped spring onions or chives instead of an onion.