

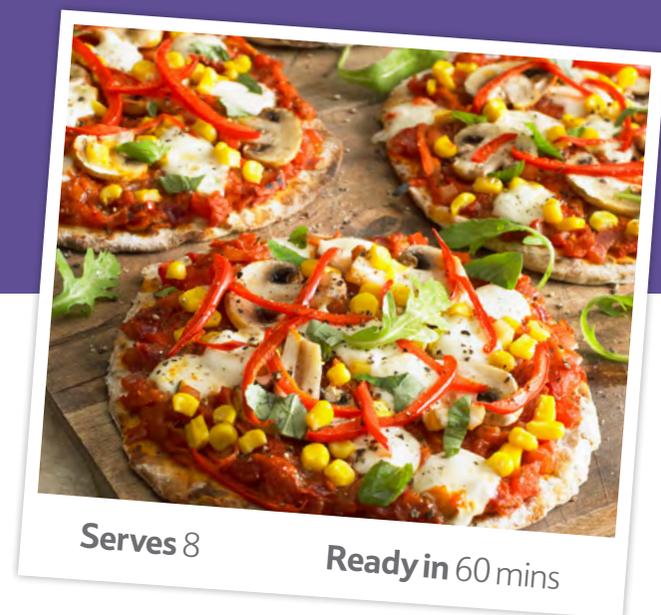
Mini flatbread pizzas

These mini flatbread pizzas are topped with lots of tasty herbs and vegetables, but you could also add meats such as ham or salami.

Nutritional information per portion (245g):



of an adult's reference intake



Serves 8

Ready in 60 mins

You will need:

For pizza dough

- 150g self raising flour
- 150g wholemeal self raising flour
- Black pepper
- 1 pot (150ml) reduced-fat natural yoghurt

- 1 red onion
- 1 clove garlic
- 2 teaspoons of vegetable oil
- 1 400g tin of chopped tomatoes
- 8-10 basil leaves
- 1/2 tsp of chilli flakes
- 2 tsp of balsamic vinegar (optional)

- 100g of tinned sweetcorn
- 150g of reduced fat cheddar or mozzarella cheese
- Fresh basil
- Rocket, to garnish



For tomato sauce

- 1 red pepper
- 1 courgette
- 1 carrot

For the topping

- 120g mushrooms
- 1 red pepper



Equipment:

- | | | | | | |
|----------------------------|--------------------------|-----------------------|--------------------------|------------------|--------------------------|
| Mixing bowl | <input type="checkbox"/> | Fish slice or spatula | <input type="checkbox"/> | Grater | <input type="checkbox"/> |
| Wooden spoon | <input type="checkbox"/> | Baking tray | <input type="checkbox"/> | Medium saucepan | <input type="checkbox"/> |
| Cutlery knife | <input type="checkbox"/> | Chopping board | <input type="checkbox"/> | Tin opener | <input type="checkbox"/> |
| Rolling pin | <input type="checkbox"/> | Sharp knife | <input type="checkbox"/> | Measuring spoons | <input type="checkbox"/> |
| Large non-stick frying pan | <input type="checkbox"/> | Peeler | <input type="checkbox"/> | | <input type="checkbox"/> |

Skills used include:

Weighing, measuring, washing, chopping, sifting, mixing, kneading, frying, rolling, peeling, grating, simmering, combining, grilling

A! Allergy Advice: Wheat/ gluten and dairy*



* 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.

Let's start cooking!

1. Tip the pot of yoghurt into your mixing bowl.
2. Fill the empty pot with self-raising flour and add it to the bowl. Repeat for the wholemeal flour.
3. Add a twist of black pepper, then stir with a wooden spoon until you have a ball of dough.
4. Sprinkle your work surface with flour and tip out the dough. Divide the dough into equal sized balls then use your hands to flatten the balls to the size of a saucer. Leave to rest for 5 minutes.
5. Turn the hob on to a medium temperature and heat the pan. Lift the dough with a fish slice into the pan and cook them one at a time until crisp and golden. When they're ready, lift them with a spatula onto the baking tray.
6. Wash the red peppers, courgette and carrot. Rub the mushrooms with a damp piece of kitchen paper. In a colander, rinse the basil and rocket leaves.
7. Peel the onion and garlic with your fingers.
8. With a secure chopping board, slice the peppers in half with your bridge technique. Next, slice each half into 1cm pieces using your claw technique.
9. Prepare your onion and courgette in the same way as the pepper.
10. Finely chop the clove of garlic using a fork to secure it to your chopping board then slicing through the prongs.
11. Chop the mushroom into slices, then put all your veg aside for later.
12. On the chopping board, hold the grater firmly with one hand on the top. Grate the carrot using the large grates, in one direction only.
13. Measure 2 tsp of vegetable oil into a saucepan and turn the hob onto a medium heat. Add the onion, garlic and half of the pepper, then fry until the veg is soft.

14. Add the grated carrot and courgette and cook for another 2 minutes.
15. Open the tin of tomatoes and add to the pan.
16. Tear the basil leaves with your fingers then add them in too.
17. Measure 1/2 tsp of chilli flakes and 2 tsp of balsamic vinegar and add to the pan. Grind in some black pepper and stir it well.
18. Keep cooking until your mixture is boiling, then turn the temperature down and let it simmer for 15 minutes.
19. Turn off the stove and leave the sauce to cool.
20. Spoon your tomato sauce onto the pizza bases and use a cutlery knife to spread it right up to the edges.
21. Open the tin of sweetcorn and sprinkle a small amount over the sauce. Lay the mushroom and remaining pepper evenly across the top. Tear the mozzarella and scatter across the pizza.
22. Turn the grill on to a high temperature and place the baking tray under the grill. The pizzas will be ready when the cheese is bubbling.
23. Sprinkle on some rocket leaves as a garnish to serve.



Top tip

Using a mix of white and wholemeal flour is a great way to get used to eating wholegrain starchy foods that are higher in fibre.

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