

UNHEALTHY OPTION



FASTA PIZZA



FASTA PIZZA (serves 1 as a snack)

Approximate cost:

80p

Preparation and cooking time:

10-15 minutes

Equipment needed:

baking tray/sheet, chopping board & knife, cheese grater

Ingredients

BASE

- Use one of wholemeal pitta bread, tortilla or wrap, small naan bread (look out for reduced fat versions)
- 3-4 teaspoons of tomato puree or tomato pizza sauce

TOPPINGS

- Handful of defrosted prawns, canned tuna, cooked chicken or ham and add a selection of vegetables, such as thinly sliced tomato, onion, mushrooms, red pepper or courgettes
- 30g cheese (grated)

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Cooking Instructions

- 1) Place your chosen base on a baking tray.
- 2) Spread the tomato puree/pizza sauce on top.
- 3) Add the vegetables, placing the slices flat over the base.
- 4) Add your chosen meat or fish.
- 5) Sprinkle the cheese over the top.
- 6) Grill until the vegetables are tender and the cheese has melted.
- 7) Serve with a salad for a quick lunch or snack.

Variations

Look out for different flavoured wraps, pitta and naan breads.

Spice things up with some chopped fresh chilli or a sprinkle of dried chilli flakes or powder. For a milder taste, sprinkle over some dried herbs, oregano is especially good for pizzas.

Mozzarella is often used on pizzas, but you can use any cheese you like. Cheddar gives a strong taste; Edam is milder. If you're feeling adventurous why not try some goats cheese?

No tomato puree in the cupboard? Tomato pasta sauce will also do the job, or use some leftover tinned tomatoes, just drain off the excess juice so that it's not too wet.

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