



Vegetable pizza - Serves 2 - 4

Ingredients:

For the pizza base:

- 1 cup (225g) plain flour
- Dash of water
- Dash of olive oil
- Freshly ground black pepper

For the topping:

- 2 tbsp tomato puree
- ½ courgette, finely sliced
- ½ roasted red pepper, cut into slices
- 3 mushrooms, sliced
- 110g mozzarella slices
- 1 tbsp dried oregano
- 2tbsp olive oil
- 1 tsp thyme

To serve:

- Handful fresh basil
- 1 garlic clove, peeled and crushed
- 3-4 tbsp olive oil.

Method:

1. Preheat the oven to 220c / 425f / Gas 7.
2. To make the pizza base, combine all the ingredients in a bowl to form dough.
3. Roll out the dough on a floured surface to form a circle about 0.5

cm / 0.25 in thick.

4. Transfer the dough onto a large omelette pan and fry for 2-3 minutes each side.
5. Remove from heat and place on a baking sheet.
6. For the topping, spread the puree and arrange the courgette, pepper, and mushroom slices on top. Finish with the mozzarella slices.
7. Scatter the oregano over, drizzle with oil and top with thyme.
8. Transfer to the oven and cook for 10-12 minutes, or until the cheese has melted and the pizza is cooked.
9. Meanwhile, blend the fresh basil, garlic and olive oil in a mini-food processor until smooth
10. Remove the pizza from the oven and transfer to a serving plate
11. Drizzle with the basil pesto to serve.

Did you know ?

Tomatoes are a good source of vitamin C.

There are many health benefits from eating a vegetarian diet. They are lower in fat than meat. Foods such as grains, vegetables, bean, fruit and pasta are cheaper to buy than meat. It is important to have a variety of different vegetables, grains beans and pulses (i.e. lentils) to make sure you get all the nutrients you need. Vegetables contain many essential nutrients needed to protect us from disease.

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