

SUPER EASY RAINBOW VEGGIE PIZZA



PREP: 30 min TOTAL: 45 min SERVES: 4

For the base:



200g Greek yoghurt



200g self-raising flour



2 tbsp oil

For the tomato sauce:



100g tomato passata



1 tsp dried basil



1 tsp garlic powder



Salt & pepper to taste

For the toppings:



160g cheese, grated



1 small red onion, diced chunky



100g sweetcorn, drained



200g cherry tomatoes, halved



1 green pepper, diced chunky

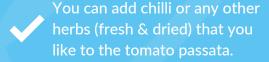
**Note: choose your family's favourite vegetables, just make sure they are colourful

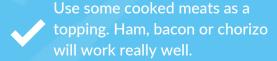
TIPS:



You can use a different type of cheese like mozzarella.

If you do not have tomato passata you can use tomato puree instead, just use less because the flavour is very strong. You can make your own tomato base sauce by lightly cooking some cherry tomatoes in some oil and crushing them with a potato masher or fork; it will be chunkier but delicious.





Swap veggies around to your family favourites, pretty much any veg will work well here.

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1. Prepare all your vegetables:

Drain the sweetcorn, and half the cherry tomatoes and dice the onion and pepper.

2. For the tomato sauce:

Put the passata in a bowl and add the dried basil, garlic powder, and seasoning and mix well.

3. For the dough:

Put flour, yoghurt, and a pinch of salt in a bowl and mix together with a fork.

4. When the dough comes together, sprinkle some flour on your work surface and put the dough on it. Start kneading the dough, adding flour as needed to prevent the dough from being too sticky. Knead for 10 minutes.

5. Cut the dough into 4 pieces to make individual pizzas,

or you may choose to make one large one instead.

6. Roll those four pieces (or the large one) using a rolling pin, and roll each one out onto a thin pizza base. Place on a greased baking tray

Build your pizza:

Spread tomato sauce on the base, sprinkle the cheese and add the veggie toppings. If you feel fancy, you can arrange the veggies in a pattern so they look like a rainbow.

7. Cook at 220 -240°C for 10-12 min, the larger the pizza is the longer it will take to cook. You need to make sure you cook it in a very hot oven, otherwise the bottom of the base will not cook enough and you will end up with a soft pizza.

8. Once cooked, if necessary, cut into slices and serve.