

Pizzas

Watch our cook-a-long video www.ukharvest.org.uk/pizza

Ingredients

Makes 2 pizzas

For the tomato sauce

- 1x 400g tin tomatoes
- 1 tsp tomato puree
- 2 cloves of garlic
- 1 tsp mixed herbs
- ½ tsp salt

For the dough

- 300g self-raising flour
- 300ml cups natural yogurt
- 1 tsp bicarbonate of soda or baking powder

Toppings of choice; pepper, onions mushrooms, pineapple etc.

Cheese of choice; mozzarella, cheddar, edam, gouda etc.

Extras: Rolling pin, greaseproof paper



Method

1. Pre heat the oven to 220°C/200°C fan /gas mark 6.
2. Firstly, make the tomato sauce. Finely chop the garlic. Heat a teaspoon of oil in a saucepan over a medium heat and add the garlic, cook for 1-2 minutes, then add the chopped tomato and tomato puree. Allow to simmer and thicken whilst you prepare the bases of the pizza.
3. In a large bowl, use your hands to mix the flour, yoghurt and bicarbonate of soda into a ball. This is your pizza dough.
4. Sprinkle a little flour on the worksurface and split the dough in half and roll into two balls.
5. Use a rolling pin, roll each ball of dough into circle shapes 1.5 cm in depth.
6. Line a baking tray with greaseproof paper or a little oil. Transfer pizza base onto a baking tray and top the pizza with the tomato sauce, your toppings, and your cheese of choice.
7. Cook for approx. 10 mins. until lightly golden round the outside.
8. Carefully remove the pizzas from the tray to the chopping board, slice into pieces and enjoy!

Tips

Don't be afraid to add any toppings to your pizza, it's a great way of using up little bits of meats, vegetables or fish that are about to go off in your fridge.