# Pizza

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## Ingredients

**Serves 2**

- ½ yellow pepper
- 3 cherry tomatoes
- 1 spring onion
- 1 mushroom
- 30g hard cheese, e.g. Cheddar, Edam, Gruyere
- 1 large flat bread e.g. large pitta
- 2 x 15ml spoons tomato pasta sauce
- Pinch of mixed herbs

## Equipment

## Method

1. Prepare the ingredients:
   - slice the pepper (remove any stalk and seeds);
   - halve the tomatoes;
   - slice the onion;
   - slice the mushroom
   - grate the cheese.
2. Turn on the grill to get hot.
3. Place the flat bread on a baking tray and grill for 1 minute.
4. Remove from the grill and turn over the bread.
5. Spread the tomato sauce over the bread, using the back of the spoon.
6. Place the vegetables on top of the bread.
7. Sprinkle with cheese and mixed herbs.
8. Place the bread under the grill, for about 3–5 minutes, until the cheese bubbles.

## Top tips

- Try thin slices of courgette, goats cheese and pine nuts!
- Why not add cooked sausage or chicken, ham or canned tuna?
- Add a spoon of pickle or chutney for extra bite.
- Always leave the grill door open when cooking.

## Skills

- Preparing a selection of vegetables ✓
- Using a knife ✓
- Spreading ✓
- Using the grill ✓

## EAT FOR HEALTH

- The veggies are rich in vitamins and minerals and help you achieve one of your 5 A DAY
- Bread is a good source of energy.
- Why not have this as a healthier party snack?

## Grow your own

- Tomatoes

## TAKE CARE!

Make sure you've got an adult to help you use the grill safely.