



Pizza Variations

Broccoli Bob says:

Always remember to wash your hands before handling and preparing food!

Pizzas

These can be made using shop-bought pizza bases, crumpets, muffins, baguettes or ciabatta bread sliced in half. Alternatively, a thick sliced cooked large new potato makes a gluten free base.

Ingredients:

A jar of pizza sauce or passata
Spring onions, sliced
Cooked sliced chicken
Diced ham
Sweet peppers, diced
Mushrooms, sliced
Herbs (fresh) e.g. basil or parsley
Cherry tomatoes
Grated cheese

Equipment needed:

Grill, bowls, knives, and a chopping board.

Method:

Spread pizza sauce or passata over your chosen base.
Place all other chopped ingredients in bowls.
Allow the chicken to cover the top of the pizza bases with the chosen ingredients.
Pop under the grill or in a hot oven until the cheese is melted and starting to turn golden.
Serve with fresh salad.
Vary the topping ingredients to suit, e.g., sliced small tomatoes, drained tinned pineapple, cooked sliced sausage etc. Fresh herbs can be replaced by a pinch of diced basil or mixed herbs.

Potato Pizzas (Serves 8)

Preparation time:

10 minutes

Cook time:

25 minutes

Ingredients:

4 medium baking potatoes
200g can of tuna, drained
Red pepper, sliced and de-seeded
2 Spring onions, chopped
198g can of sweetcorn, drained
200g Cheddar, grated

Equipment needed:

Microwave and grill, medium bowl, weighing scales, microwave dish, cheese grater, chopping board, wooden spoon and knife.

Method:

Prick the potatoes several times with a fork to stop them bursting during cooking. Arrange them evenly, spread on a microwaveable dish lined with a double layer of kitchen paper. Cook in the microwave on high for 8 minutes. Flip them over and cook for a further 8 minutes.

While potatoes are cooking, heat your grill to high. Gently mix the tuna, peppers, spring onions and sweetcorn together with a third of the cheese. Add seasoning.

When the potatoes are cooked and cool enough to handle, cut them in half lengthways. Open them flat on a baking tray, pile the tuna mix on top and scatter over the remaining cheese. Grill for 5-6 minutes, until the cheese has melted and turned golden.