



Peterborough
Environment City Trust



Peterborough Community Services
Health and Social Care

Vegetable Pizza

Serves 4

Ingredients:

225g/8oz self-rising flour
150ml/ ¼ tsp water
1 tsp sunflower oil

Topping:

75g/3oz grated cheese
½ tin tomatoes, drained and chopped
Pinch of dried herbs
1 red pepper
1 yellow pepper
1 green pepper
1 onion
5 mushrooms
Oil

Method:

Pre-heat oven to 200c/Gas 6
Remove the stalk and seeds from the peppers slice. Slice the onion and mushrooms.
Place the vegetables in a roasting tin, toss in herbs and mixed herbs, place in oven for 15-20mins or until soft.
Place the flour in a bowl, add water and oil and mix until it forms a ball.
Sprinkle flour on a work surface and roll out the dough to form a circle.
Put the dough onto a baking sheet and top with drained, chopped tomatoes, cheese and herbs.
Bake for 10mins in the oven, then add the roasted vegetables and cook for a further 5-10mins.

Tip:

Roasting the vegetables separately gives them a better flavour. If you want to, you could use a ready made pizza base or use a pizza dough mix.

Change4Life is a nationwide movement which aims to help us all, but especially our kids, eat well, move more and live longer.

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