

HAM & VEGETABLE PIZZA

Ingredients (Serves 2)

100g strong white bread flour
100g strong wholemeal bread flour
1 x 7g yeast sachet
Salt to season
150ml warm water
Extra flour for kneading
Olive oil spray for greasing
125ml pasta sauce
100g grated mozzarella cheese
1/2 red onion, thinly sliced
1/2 small red pepper, thinly sliced
1 x small courgette, sliced
6 mushrooms, thinly sliced
100g fresh pineapple chunks
1/2 red pepper
3 slices lean ham, sliced
Fresh basil leaves or rocket leaves to serve

Method

1. Preheat oven to 220°C.
2. To make pizza base, sieve flour and salt in a bowl. Stir in the yeast. Add water and mix to a soft dough. Turn onto a lightly floured surface. Knead for 5 minutes until smooth, not sticky, using more flour if needed. Place dough in a lightly greased mixing bowl. Cover with lightly greased plastic wrap. Leave in a warm place until doubled in size – about 20 minutes.
3. Roll out the dough onto a lightly floured surface until it's around 26cm in diameter. Lightly spray a non-stick baking tray with olive oil spray and place the pizza base onto the tray. Prick the base with a fork and spread over the pasta sauce, leaving a 1cm border. Sprinkle over half the cheese and top with the remaining toppings. Sprinkle over the rest of the cheese and cook for 10 – 15 minutes in the oven.
4. Remove from the oven and top with fresh basil leaves or rocket leaves and serve immediately. Serve a fresh green salad alongside if you like!