

Main Meal

BILLIE PICKLE'S ROCKIN' RAINBOW PIZZA



Ingredients

Base:

210g Self raising flour
200g Greek yoghurt
2 chopped spring onions
1 grated carrot
½ tbsp pumpkin seeds
10g (handful) chopped spinach

Topping:

400g tin tomatoes
3 tsp mixed dried herbs
120g grated cheese
200g cherry tomatoes
2 medium orange peppers
200g sweetcorn
140g broccoli
40g red cabbage

Method

1. Add all the base ingredients in a bowl and mix well to form a dough (you may need more flour).
2. Cut into 4 equal pieces and roll each out thin for a pizza base. Prick with a fork.
3. Place on greaseproof paper and bake at 180 degrees for 10 minutes until the bases are firm.
4. Whisk the tin tomatoes and herbs together and spread over the cooked base. Add the cheese on top.
5. Chop the vegetables and arrange them on the base like a rainbow. Cook at 180 for 10-15 more minutes.

Serves 4
60 minutes to
prepare and cook
500 calories per
pizza
Vegetarian

Each pizza has
9.3g of fibre and
will help feed your
Belly Bugs!

Reference intake:
Fibre 9.3g
Protein 23g
Carbohydrates 60g