

Mini Flatbread Pizzas

This quick and easy flatbread dough makes these pizzas perfect for a snappy supper. Try mixing things up by using different vegetable combinations depending on the season. This recipe is low in fat, saturated fat, sugar and salt, and provides vitamin A and vitamin C which both help to protect the body from infections and disease.



Milk, sulphites and wheat (gluten)*

Nutritional information per portion (245g):

Energy	Fat	Saturates	Sugars	Salt
1025kJ 244kcal 12%	6.7g 10%	3.2g 16%	8.8g 10%	0.58g 10%

of an adult's reference intake.
Typical values per 100g: energy 418kJ/100kcal.

Equipment

Weighing scales
Sieve
Mixing bowl
Measuring jug
Wooden spoon
Table knife
Rolling pin
Large non-stick frying pan
Fish slice
Tongs
Baking tray
Chopping board
Sharp knife
Peeler
Grater
Measuring spoons
Medium saucepan
Can opener
Oven gloves

Ingredients

Serves 8 (makes 16 mini pizzas)

For the flatbread pizza base:

150g self-raising flour plus extra for dusting
150g wholemeal self-raising flour
Black pepper (optional)
300ml low-fat natural yoghurt

For the Top Tomato Sauce:

1 red pepper
1 medium courgette
1 medium carrot
1 medium red onion
1 clove garlic
2 x 5ml spoons vegetable oil
1 x 400g can chopped tomatoes
8–10 basil leaves OR 1 x 5ml spoon dried basil or mixed herbs
1 x 5ml spoon chilli powder OR ½ x 5ml spoon chilli flakes
2 x 5ml spoons balsamic vinegar (optional)
Black pepper (optional)

For the topping:

120g mushrooms
1 red pepper
100g canned OR frozen sweetcorn (defrosted)
150g mozzarella cheese OR reduced-fat Cheddar cheese
Bunch (10-15g) fresh basil
Rocket leaves to garnish (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Using a mix of white and wholemeal flour is a great way to get used to eating wholegrain starchy foods that are higher in fibre.
- Divide the dough and toppings into 8 to make medium saucer-sized pizzas or into 4 to make larger pizzas.

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Method

Pizza dough

1. Sift the flours into the mixing bowl and add the black pepper (if using).
2. Add the yoghurt and stir until well mixed.
3. Tip out onto a clean, floured worktop and knead gently until smooth.
4. Divide the dough into 16 and make into balls.
5. Lightly dust a clean worktop with flour and using a rolling pin roll out each ball to the size of a cup (about ½cm thick).
6. Leave to rest for 5 minutes on a floured surface.
7. Heat the frying pan over a medium heat and cook the flatbread pizza bases 2 or 3 at a time until they are crisp and golden. Turn down the heat once they have started cooking.
8. Remove the flatbread pizza base with a fish slice or tongs and place on a baking tray. Repeat with the other bases.

Top Tomato Sauce

1. Wash the pepper, courgette and carrot. Cut the pepper in half and deseed.
2. Finely chop the onion and pepper into 1cm pieces. Peel and finely chop the garlic.
3. Peel and grate the carrot and grate the courgette.
4. Heat the oil in the saucepan. Add the onion, garlic and pepper and cook for 2 minutes until soft.
5. Add the grated carrot and courgette and cook for a further 2 minutes.
6. Open the tomatoes and add to the pan together with the basil leaves or dried herbs, chilli powder or chilli flakes, the balsamic vinegar and some black pepper (if using).
7. Stir well and simmer for 10–15 minutes until the sauce has thickened.

Making the pizzas

1. Wipe the mushrooms with kitchen paper to remove any dirt or grit. Slice in half if large and then into thin slices.
2. Deseed the pepper and cut into thin slices.
3. Heat the grill to high.
4. Spread 4 x 5ml spoons of the pizza sauce on top of each pizza base, taking care to spread the sauce right to the edge of the base. Top with some sweetcorn, mushrooms and pepper. Tear over some mozzarella cheese or sprinkle with some grated Cheddar.
5. Place the pizzas under the grill until the cheese is bubbling and the pizzas are hot.
6. Before serving, sprinkle a few rocket leaves on the pizza to garnish.

Top nutrition facts

- White and brown flour are by law fortified with calcium. That means foods like bread rolls, pitta breads, homemade pizzas and flatbreads are all a source of calcium.
- Wholemeal flour is also a good source of iron and zinc.
- The vegetables contain a range of vitamins needed to help the body to resist infection and contribute towards the recommended five portions of fruit and vegetables a day.

Something to try next time

- Add 1 x 15ml spoon of chopped fresh herbs (parsley, chives, oregano), a crushed clove of garlic or ½ x 5ml spoon of chilli flakes to the flatbread dough.
- For a meat alternative, add 100g of thin sliced ham, salami or chorizo as an extra topping.
- Freeze any leftover tomato sauce to make another batch later or use it as a great vegetarian sauce for wholemeal pasta.