

STOTTIE PIZZA



Food Fact:-

You don't have to give up your favourite dish. This dish ensures that you get the goodness from a wholemeal base, lots of tasty veg and the benefit from a low fat cheese topping

Preparation time 6 mins

Cooking time 10 mins

Serves 2-4



STOTTIE PIZZA

Ingredients

1. Cook the garlic and onion, covered, in butter/oil on high (100%) for 3 minutes.
2. Stir in the tomatoes, tomato puree, vegetables, herbs and seasoning.
3. Cover and cook on HIGH (100%) for 5-8 minutes, stirring occasionally (when cooked, blend if you want a smooth sauce).
4. Slice the stottie to make two rounds, toast the underside to make it crispy.
5. Spread the sauce and vegetables evenly over half of the stottie and sprinkle on the grated cheese, decorate with sliced vegetables if you wish.
6. Pop in a pre-heated oven or under a grill for 2-3 minutes until cheese is melted.

Large wholemeal stottie or pizza base

BASIC TOMATO SAUCE

25g (1 oz) butter or tbsp vegetable oil
1 garlic clove, crushed
1 medium onion, finely chopped
400g can chopped tomatoes
15ml (1 tbsp) tomato puree
dried mixed herbs, to taste
pinch salt and freshly ground black pepper

SELECTION OF VEGETABLES

Chopped/sliced peppers, mushroom, tinned sweetcorn, peas.

TOPPING

Grated mozzarella/strong flavoured cheddar cheese

Add cooked meat or fish before the cheese if you wish.

