

Power-Up Pizza

Add different toppings such as cooked chicken, baby spinach or olives.



MAKES 18 SLICES



Ingredients

Base:

- 4 cups self-raising flour (plus extra for kneading)
- 2 eggs
- 1 cup low fat milk
- 2 tablespoons olive oil
- 1 tablespoon dried herbs

Toppings:

- 100g tomato paste
- 100g lean ham
- 80g tinned pineapple
- ½ red capsicum
- 6 small mushrooms
- 1 tomato
- 1 small bunch fresh basil
- 100g reduced fat cheese

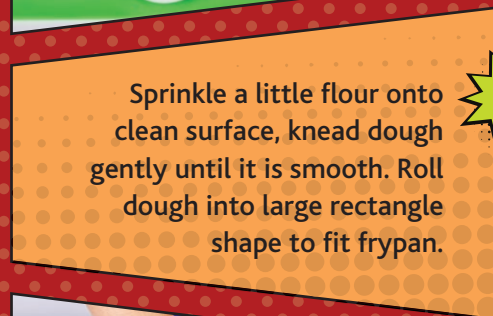
Equipment

Large bowl, sieve, measuring spoons, measuring cups, spatula, rolling pin, chopping board, knife, grater, can opener, frypan with lid



1.

Base: Sift flour into bowl. Make a well in the centre, add eggs, milk, oil and dried herbs. Use a spoon to mix together until just combined.



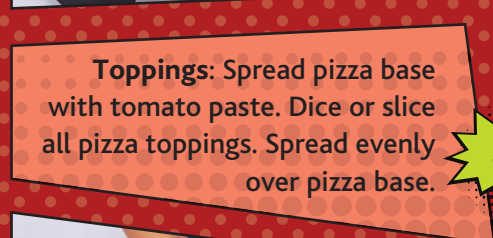
2.

Sprinkle a little flour onto clean surface, knead dough gently until it is smooth. Roll dough into large rectangle shape to fit frypan.



3.

Spray frypan with oil. Place dough into frypan.



4.

Toppings: Spread pizza base with tomato paste. Dice or slice all pizza toppings. Spread evenly over pizza base.



5.

Grate cheese and sprinkle across pizza, place the lid on frypan and cook on medium heat for 20 minutes.