






HEY PRESTO PIZZA

Recipe by Lyndon Gee

-  serves 2-3
-  prep 10 mins
-  cook 15-20 mins

Ingredients

- 1 ciabatta loaf, cut in half lengthways
- Dash olive oil
- 1 large onion, thinly sliced
- 250g vegetables, roughly chopped (e.g. 1 red, 1 yellow pepper, mushrooms)
- 3-4 cloves garlic, crushed
- 1 heaped teaspoon dried oregano
- Good pinch pepper
- 200g tomatoes, chopped (fresh or tinned)
- 125g-ball mozzarella, thinly sliced (or any grated cheese)

1 Add the oil to a pan with the onion and cook for 2 minutes, then add the other vegetables and stir regularly for 5 minutes ensuring they are evenly cooked.

2 Add the garlic, oregano, black pepper and chopped tomatoes and mix well, bring to the boil then turn down the heat, cover and simmer 3-4 minutes.

3 Put the ciabatta onto a baking tray and spread the vegetables evenly over the top. Then arrange the cheese and bake in a preheated oven 200°C/Gas 7 for 8-10 minutes.

Each portion based on 3 servings contains

Calories	Sugar	Fat	Saturates	Salt	Fibre
404	9g	13g	6.5g	1.7g	6g
20%	10%	19%	32.5%	28%	25%

of an adult's guideline daily amount

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Hey presto pizza

This fast version of pizza is tasty, quick to make and versatile. You can use all sorts of ingredients and really load it with different toppings. If you keep ciabatta or naan bread in the freezer you can throw together a scrummy pizza at short notice. For this quick version you don't need to make a separate tomato sauce.

Chef's tip from Lyndon

Cooking vegetables reduces their size, so you can load more onto your pizza for a super healthy serving of veggies.

Use up

Cooked vegetables and meats can be added to the topping, along with any leftover pasta sauces. Any leftover bread can be frozen and used up next time. If using half a 400g (large) tin of tomatoes, use the remaining half in a pasta dish, vegetable bolognese sauce or add to a stew or casserole.

Variations

Use naan bread, or for individual pizzas use split muffins, toasted crumpets or potato farls. For an extra-thin crust use tortilla wraps. Most vegetables or cheeses work well.

Extra flavour

Add chilli, chorizo, smoked ham, fresh or dried herbs or extra garlic. Spread the base with pesto or curry paste or use speciality cheeses. Add olives, anchovies or sundried tomatoes to the topping.

Freezer advice

For best results, cool down quickly (ideally within an hour), divide into portions, place in an airtight container, label and then pop in the freezer. Defrost in the fridge, ideally overnight, and use within 24 hours after defrosting. Reheat in microwave or covered in foil in the oven, heating thoroughly until piping hot.

Vegetarian and vegan options

This recipe works well with dairy-free cheese alternatives. You could also try spreading the base with tahini for extra flavour.

Allergy advice

Can be made with gluten-free bread and lactose-free cheese. A maize base can also be made by spreading a ½ cm layer of cooked polenta onto a baking sheet.

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