LET'S EAT!

FLATBREAD PIZZA

30 minutes

££



Allergens: gluten, milk.

What is it?

A healthy take on a classic favourite! The flatbread base will not be as thick and bready as shop bought pizzas, and making from scratch will give them a much fresher flavour.

MAKE IT FUN!

The ingredients below will make the pizza base, but you can use your imagination and add any toppings you prefer. You could even change you sauce to bbq or garlic butter!

What you'll need:

	For 2 people	3 people	4 people
Self raising flour	300g	450g	600g
Mixed herbs	3 tsp	4 tsp	5 tsp
Tomato puree	100g	150g	200g
Olive oil	4 tsp	5 tsp	5 tsp
Water	150ml	225ml	300ml
Cheese	100g	150g	200g

And a pinch of salt

SEND US YOUR PHOTOS!

SCAN HERE

We love seeing families cook these recipes and making them their own! Photos also really inspire supporters of Let's Eat to keep the project going and helping more families. Please share photos of your family enjoying cooking together via our community Dropbox, then look out for your photos on our social media accounts!

THE NEIGHBOUR NETWORK CIC
Company no: 16566579

WHAT TO DO:



Step 1:

Add the flour (saving a little bit for later) and salt into a large bowl, and add the water a little bit at a time, mix until it forms a dough. Once mixed add the oil and kneed the dough until all the ingredients are well combined. If the dough is too sticky add a bit more flour, if it's too dry add more water. Continue to kneed for 5 minutes.

Step 2:

On a clean surface sprinkle a little flour and divide the dough into the correct amount of portions. Then using a rolling pin roll out the dough out until about half a centimetre thick.





Step 3:

Heat a large frypan on the hob. Cook each flatbread for about 2 minutes on each side and then transfer onto a clean tea towel or kitchen roll to rest (this helps avoid a soggy bottom!). Mix the tomato puree and mixed herbs together and spoon on top of the flatbread. Add some grated cheese and your preffered toppings.

Step 4:

Heat the oven to 200 degrees (gas mark 6) and cook your flatbreads for 8 minutes until golden and crisp. Take a moment to pat yourself on the back for making your own pizza base from scratch!



DID YOU LIKE THIS MEAL? GIVE IT A RATING OUT OF 5 STARS TO HELP YOU REMEMBER YOUR FAVOURITES:

NOT FOR ME 1 2 3 4 5 LET'S MAKE IT AGAIN!