

Mini Veggie Pizzas

These Mini Veggie Pizzas are made using a bread dough base topped with a delicious, 'all-in-one' home-made tomato and vegetable sauce. These mini pizzas are versatile as they can be made in mini, medium and large sizes. Add extra vegetables of your choice to the pizza topping.

Nutritional information per portion (362g):



of an adult's guideline daily amount



Wheat/gluten and dairy

Equipment

- Weighing scales
- Mixing bowl
- Wooden spoon
- Measuring jug
- Colander
- Chopping board
- Sharp knife
- Medium saucepan
- Can opener
- Rolling pin
- Large non-stick frying pan
- Tongs
- Pan stand x 2
- Baking tray x 2

Ingredients

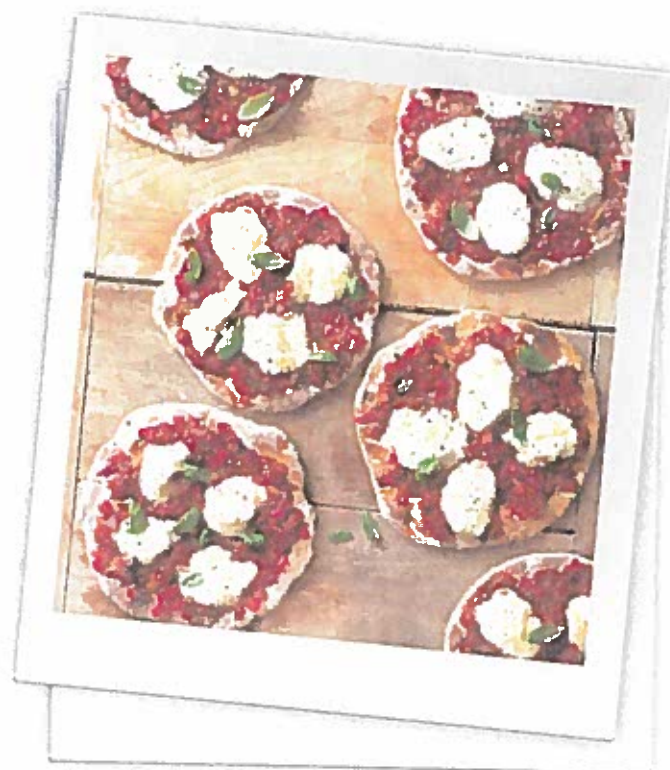
Makes 16 mini, 8 medium or 4 large pizzas
Serves 4-6

For the pizza base
475g strong flour, plus extra for dusting

¼ x 5ml spoon sea salt
7g dried quick-acting yeast
300ml lukewarm water
15g caster sugar

For the pizza topping
1 red pepper
1 x 5ml spoon chilli powder
OR ½ x 5ml spoon chilli flakes

1 medium red onion
3 spring onions
6 (120g) mushrooms
1 clove garlic
1 x 5ml spoon olive 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 balsamic vinegar (optional)
125g mozzarella cheese



Top Tips

- Ensure the water for the dough is not too hot or it will kill the yeast.
- Knead the dough well to distribute the yeast evenly throughout the dough.
- Get creative with your pizza topping and decorate by making pizza faces.



Mini Veggie Pizzas

Method

The pizza dough

1. Mix the flour, sugar, and salt in a mixing bowl and make a well in the centre.
2. Mix the yeast and lukewarm water together in a measuring jug. Pour into the flour and mix well with a wooden spoon.
3. Combine into a dough, then tip out onto a floured surface and knead for 5 minutes until the dough is smooth (add a little more flour if the dough is too sticky).
4. Place the dough back in the bowl, cover with clingfilm and leave to rest in a warm area until the dough has doubled in size.

The pizza sauce

5. Wash all of the vegetables and deseed the red pepper. Finely chop the red pepper, onion, spring onions and mushrooms into 1cm pieces. Peel and finely chop the garlic.
6. Heat the oil in a medium saucepan. Add the onion, garlic and spring onions and cook for 2 minutes until soft.
7. Add the red pepper and mushrooms to the saucepan and cook for a further minute.
8. Open the can of tomatoes. Add them along with 8–10 basil leaves, chilli powder or flakes and the balsamic vinegar to the other vegetables in the saucepan and stir well.
9. Simmer for 10–15 minutes until the sauce has thickened.

Make your pizza

10. On a floured surface, divide the pizza dough into 4, 8 or 16 pieces. Knead each into smooth balls and press them flat on a floured work surface. Roll out each ball to about ½ cm thick and leave to rest for 5 minutes on a floured surface.
11. Heat a non-stick frying pan over a medium-high heat. Place the pizza base into the pan and cook for 1–2 minutes on each side until lightly browned. Remove the pizza base with tongs and place on a baking tray. Repeat with the other bases.
12. Spread 1 x 10ml spoon of the pizza sauce on top of each pizza, tear over some mozzarella cheese and sprinkle with a few basil leaves.
13. Heat the grill to high. Place the pizzas under the hot grill until the cheese is bubbling, and the dough is light brown and cooked through.

Something to try next time

- For a meat alternative thin slice of approx 100g ham, salami, or chorizo.
- Make garlic bread with the base by mixing 10g polyunsaturated margarine or butter with a finely chopped clove of garlic. Spread on the cooked base and grill until light brown.

Prepare now, eat later

- The dough can be made up to step 3, and stored in a covered bowl in the refrigerator for up to 24 hours. When required, knead again and continue the recipe at step 4.
- The pizza sauce can be prepared and stored in a bowl covered in cling film in the fridge for 48 hours.
- The prepared pizzas can be frozen at step 3 for up to a month. Cook from frozen in an oven preheated to 180°C/160°C fan or gas mark 4 for 10–15 minutes. Check that the pizzas are bubbling hot before serving.
- The cooled pizza sauce can be frozen for up to 3 months.

Extra additional toppings you may like to try

- Roast 10 cherry tomatoes and ½ courgette in a pan with 1 x 5ml spoon olive oil for 25 minutes at 180°C/160°C fan or gas mark 4, then add to the pizza topping.
- Add 8–10 spinach leaves to the pizza sauce at step 8.
- As an alternative to mozzarella you can use grated Cheddar or blue cheese.
- Add extra vegetables to the topping at step 12, such as celery or sweetcorn.