Make Friday tea together – use these recipes to make a pizza.

Picturesque pizza



Ingredients
2 x English muffins
4 x 15ml spoons of a tomato sauce*
1 x orange pepper, halved and deseeded
2 x spring onions
2 x 15ml spoons sweetcorn (canned)
1 handful of basil leaves
60g Cheddar cheese, grated
Complexity: low-medium
Equipment
Bread knife – **for adult use only**, chopping board, 15ml spoon, table knife, kitchen scissors, grater, baking tray, oven gloves, 4 x serving plates.
Method
1. Pre-heat the oven to 200C/gas mark 6.
2. Cut the two muffins in half and rest them on the chopping board. These will be the pizza bases.
3. Add a 15ml spoon of sauce to each pizza base. Spread it evenly over the base with the table knife.
4. Use the scissors to cut the pepper into strips. Cut each strip into small pieces and arrange it over the four pizza bases.
5. Snip the spring onions into small pieces and add to the bases.
6. Add some sweetcorn to each.
7. Tear the basil leaves and arrange on top.
8. Sprinkle the cheese over the four pizzas.
9. Place the pizzas on the baking tray. **Adult** - Use oven gloves to place the baking tray in the oven.
10. Cook for a 7-10 minutes until the cheese bubbles and browns.
11. **Adult** - Remove from the oven using the oven gloves and serve.

Top tips

- Try different vegetable toppings such as sliced mushrooms, chopped cherry tomatoes, sliced courgettes, canned tuna or cooked ham.
- Try different bread such, as slices of baguette, thins, pitta or crumpets.
- Serve with a colourful salad.

Food skills

- Cut.
- Spread.
- Snip.
- Bake.

*Tomato sauce or puree – check product labels and select one with the lowest fat, sugars and salt