

# EASY PEASY PIZZA



**Serves:** 1 (child)

**Portions of fruit and vegetables per serving:** 2

**Allergens:** Wheat | Gluten | Milk

**Equipment:** Chopping board, round-bladed knife, 3 x dessert spoon, baking paper, pizza box, bowls

## Ingredients

- 1 wholemeal tortilla wrap
- 1 dessert spoon of tomato puree
- 1 dessert spoon of chopped tomatoes
- 20g reduced fat mozzarella cheese, grated
- 1 large mushroom, washed
- 1 dessert spoon sweetcorn, drained
- ¼ pepper (yellow, red or orange)

## Method:

1. Spoon 1 dessert spoon of tomato puree onto the wrap and spread evenly.
2. Spoon 1 dessert spoon of chopped tomatoes on top and spread evenly.
3. Top with a little mozzarella and your chosen vegetable toppings.
4. Place your pizza into your box and take it home to cook!

To cook: Preheat the oven to 220°C/200°C (fan)/Gas 7. Bake on a baking tray for 6-8 minutes until the wrap is crisp on the edges and the cheese is golden and bubbling.

Each 248g portion contains:

| ENERGY            | FAT | SATURATES | SUGARS | SALT |
|-------------------|-----|-----------|--------|------|
| 324kcal<br>1359kJ | 10g | 4.1g      | 13g    | 1.1g |
| 16%               | 14% | 21%       | 14%    | 18%  |

of an adult's reference intake  
Typical energy as sold per 100g: 130kcal/548kJ

