

HOMEMADE ADDITIVE FREE PIZZA



INGREDIENTS

6 pizza bases
6-8 tbs tomato paste
2 cloves garlic, crushed
3 sprigs thyme, fresh (stems removed)
1 handful parsley, fresh, chopped
1 onion, red sliced
150-200g ham, shredded
1 eggplant, sliced
½ capsicum, sliced
5 mushrooms, sliced
1 large handful basil leaves, fresh
6 slices pineapple, fresh, chopped into pieces
200g tomatoes, cherry, halved
½ cup olives, sliced
200g cheese, grated

PREPARATION TIME: 20 MINS

COOKING TIME: 15 MINS

SERVES: 4

PREPARATION

Preheat your oven to 180°C.

METHOD

- * In a small bowl, mix together the tomato paste, garlic, parsley and thyme, then spread evenly over all the pizza bases.
- * Evenly sprinkle the remaining ingredients over the pizza bases (put the cheese on last) and pop them in the oven for 10-15 minutes or until the base is crispy and the cheese is melted and browned.

REHEATING, STORAGE & LEFTOVERS

- * Store leftovers in the fridge and reheat in the oven.

VARIATIONS & TIPS

- * You can use homemade pizza bases or store bought. We use organic gluten free wraps as a quick alternative to homemade bases.
- * Vary the toppings based on your fridge contents! Try mozzarella cheese, feta cheese, zucchini, chicken or sundried tomatoes.
- * Pizzas are a great meal to make with the kids – they love to sprinkle the toppings.

NOTE

Always look for organic ingredients to be sure you are avoiding additives or check the label carefully to confirm there are no nasties in your ingredients.