

**Get up &  
go!**



# Quick pizza

Makes 4 child sized portions

# Ingredients

- 2 English muffins
- 1 tin of chopped tomatoes

## Topping choices

Mushrooms, washed and sliced

Peppers, sliced

Tinned sweetcorn

Onion, sliced thinly

Dried or fresh herbs

80g grated cheese

Pepper to season



# Equipment

Bowl, chopping board, vegetable knife, tin opener, stirring spoon, bread knife, grater, colander and baking tray.

# Method

Preheat the oven to 200°C or gas mark 6

- 1 Put the tinned tomatoes into a bowl, season with pepper and herbs.
- 2 Cut the muffin in half-length ways to make 2 rounds.
- 3 Spread each slice of bread with the tomato mixture.
- 4 Add your toppings and grated cheese.
- 5 Sprinkle with fresh/dried mixed herbs.
- 6 Bake for 10-15 minutes.

# Handy tips

- These pizzas can be made and frozen to be cooked at a later date or cook them and use cold in lunch boxes.
- Try different toppings, depending on what you have in the cupboard and fridge like olives, tuna, cooked chicken, spinach.
- Use almost any starchy product as a base – wraps, chapatti or pitta bread.
- Serve with a mixed salad or baked beans.

Group games and activities can only be played with people you live with. Follow current Coronavirus guidelines at all times.

Leicestershire Nutrition  
and Dietetic Service

