



Pizza Marinara

Serves: 4 people

Preparation time: 15 minutes

Cooking time: 10 – 15 minutes

Ingredients:

Pizza base:

100g/4oz wholemeal self-raising flour

100g/4oz white self-raising flour

25g/1oz polyunsaturated margarine

1 egg beaten

Semi-skimmed milk

Pizza toppings:

2 tablespoons of ready-made tomato pasta sauce or tomato puree

3 tablespoon of chopped raw vegetables such as onion, peppers, mushrooms, sweetcorn

200g tin of sardines or salmon drained of water or oil

100g grated cheddar cheese

A few fresh basil leaves

Method

1. Pre-heat oven to 220°C (425°F, Gas Mark 7)
2. Place both flours in a mixing bowl and rub in the margarine, then add the egg and enough milk to make a soft dough
3. Knead the dough gently on a floured surface then roll out to make a circle about 1cm thick - place this onto a greased baking tray
4. Spread the tomato puree or tomato pasta sauce on top of the dough then scatter on the vegetables and sardines or salmon
5. Top the pizza with the grated cheese and basil
6. Bake for 10-15 minutes until golden, then cool on a wire tray and serve with salad

You can replace the sardines/salmon with tuna, prawns, mussels or use a combination of all of these.

Things you will need

Chopping board and knife

Large mixing bowl

Baking tray

Wire tray for cooling



Croydon
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