Pitta Pizza

This is a great, quick way to make pizza and makes a perfect lunch or light dinner. Make the sauce beforehand and it's even quicker. You can use any bread you want, pittas, French bread, wraps, flat breads - all will work. The bread can even be a bit stale. Use whatever toppings you have to hand. If making with kids see if they want to add their own toppings

Watch the how to make this dish video at growtogive.co.uk

Allergen info

* Celery – ketchup
* Gluten – pitta bread, rolls, French bread
* Milk – cheese
* Fish - fish

Equipment

Saucepan, chopping board, baking tray, knife, spoon, baking paper (optional)

Ingredients

* 4 pitta breads - or any bread
* 1 onion chopped finely (any colour)
* 2 tablespoon (tbsp.) oil
* 2 x 400grams (g) tins tomatoes
* 2 tbsp. ketchup
  (or 2tbsp tomato puree with 1 teaspoon (tsp.) of sugar)
* Salt and pepper

Other Pizza topping ideas:

* Grated cheese (any type)
* Sliced Peppers (any colour), tomatoes, mushrooms
* Chilli, fresh or dried
* Spinach leaves
* Meat or fish, fresh or tinned
* Olives

Optional Extras

* 2 cloves of garlic chopped finely – or use from a jar
* Mixed herbs

Helpful Tips

* Make double the amount of tomato sauce and you can use it with pasta.
* If you have fresh herbs, put them on the pizza after cooking

Method

Makes 4 pizzas

1 Grate the onion, or chop it finely. Do the same with the garlic

2 Heat the oil in a saucepan and add the onion and cook gently until soft

3 Add the tomatoes to the pan

4 Add the ketchup or tomato puree with sugar. Stir and add salt and pepper. Bring to the boil and then turn down the heat cook for 20 minutes stirring occasionally

5 Heat the oven to 200C/180C fan/400F/ gas mark 6. Line a baking tray with baking paper (optional)

6 Put a few spoons of the tomato sauce on the bread pieces. Then add your favourite topping

7 Bake in the oven for 10-15 minutes

8 Serve on their own or with a salad and wedges

Watch this recipe being made at **growtogive.co.uk**