

Flatbread tomato pizza

Serves: 6

Time

Preparation time 25 minutes

Cooking time 10 minutes

Ingredients

For the pizza base

- 6 white or wholemeal pitta breads

For the tomato sauce

- 1 teaspoon olive oil
- 1 small onion, peeled and finely chopped
- 1 garlic clove, peeled and crushed
- 400g (1 can) chopped tomatoes
- freshly ground black pepper

For the topping

- 100g sweetcorn
- 100g cooked ham pieces
- 180g low-fat cheese, grated



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Method

1. Preheat the oven to 180°C or gas mark 4.
2. In a frying pan, gently fry the onion in the olive oil until it is soft.
3. Add garlic, chopped tomatoes and pepper and simmer for 20 minutes.
4. Place the pitta breads onto a nonstick baking sheet.
5. Spread a spoonful of tomato sauce onto each pitta.
6. Add sweetcorn and ham then sprinkle with cheese.
7. Bake in the hot oven for 10 minutes.
8. Remove from the oven and cool for a minute before serving.

Tips

- Alternative toppings – this recipe is great for using leftovers, like roast chicken or other roast meats or roasted vegetables.
- This tomato sauce is also fantastic mixed into cooked pasta with chunks of cooked chicken, peas or sweetcorn or topped with grated cheese for an easy meal.