

Non-Cook Pizza

You will need -

- Chopping Board
- Knife and/or Scissors
- Fork (depending on your chopping/cutting skills)
- Tea Spoon
- Plate
- Bowl - for your food waste

Ingredients –Base

(These are suggestions, use any ingredients you like, remember to try and use reduced processed or fresh ingredients, be as colourful as possible, and stick to your portion sizes)

- Tortilla Wraps
- Pitta Bread

Toppings-

- Pesto - Green or Red
- Fat Free Cream Cheese
- Mushrooms
- Peppers
- Cucumber
- Bacon (Pre-Cooked)

Remember your personal portion sizes for each of the different food groups when choosing and adding your ingredients.

Getting Started -

Make sure you have -

- All the ingredients and equipment you are using ready and to hand
- A clean and clear workspace
- Washed and drained your ingredients

Get ready to start by -

- Removing any jewellery or watches
- Tying hair back
- Rolling up sleeves
- Wearing an apron
- Washing hands



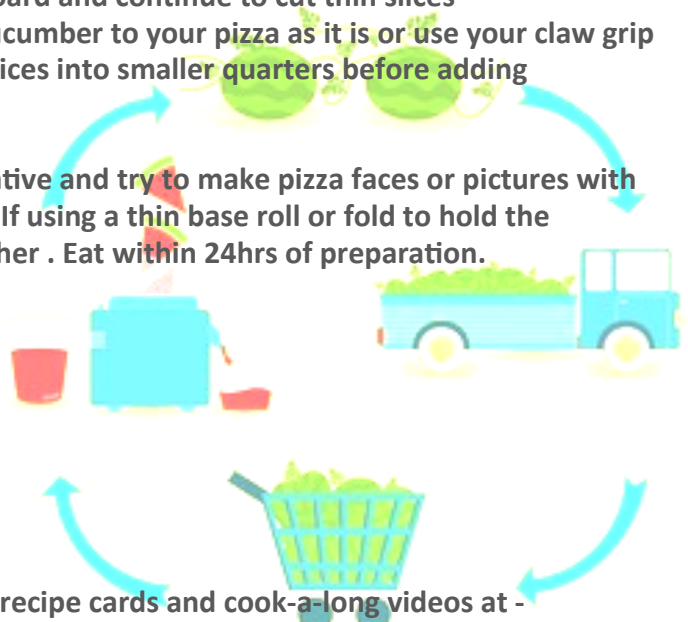
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Method -

1. Decide which type of pizza base you are going to use. For a healthy pizza thinner bases made with wholemeal are best
2. Place your chosen base on a plate
3. Use a spoon to spoon out your cream cheese onto the base
4. Use the back of the spoon to spread
5. Repeat using a clean spoon with your pesto
6. Chop your mushrooms in half using the bridge hold
7. Place the mushrooms flat side down on your chopping board and slice thinly using the fork hold or claw grip
8. Add to your pizza base
9. Chop a bell pepper in half using the bridge hold and pull out all the seeds
10. Place the pepper flat side down on your chopping board and use the fork hold or claw grip to slice into sections
11. Place on your pizza base
12. Pull your pre-cooked bacon into smaller pieces and place on your pizza base
13. Use your claw grip to chop the end off your cucumber on your chopping board and continue to cut thin slices
14. Add your cucumber to your pizza as it is or use your claw grip to cut the slices into smaller quarters before adding

Notes -

You could be creative and try to make pizza faces or pictures with your ingredients. If using a thin base roll or fold to hold the ingredients together . Eat within 24hrs of preparation.



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www.healthyschoolscp.org.uk/healthy-eating/foodsmartforthehafprogramme