







More Than Food
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Homemade Baking Tray Pizza

Pizza is one of those meals that everyone loves but not many people make at home. Well, that is a thing of the past! In this culinary adventure, we are creating a foolproof pizza where you even make your own dough! The key to making a great pizza dough is in the kneading - it makes it more elastic. Knead the dough by rolling it backwards and forwards, using one hand to stretch the dough towards you and the other hand to push the dough away from you at the same time. This therapeutic process should be continued for at least 10 minutes until your dough is springy, soft and ready to be rolled into the perfect pizza base! This simple skill is sure to impress your friends and family and make you feel like an authentic Italian chef! Enjoy!



50 mins



Yeast (1 pod)



Water (200ml)



Flour (350g)



Yellow Pepper (1)



Leek (½)



Cherry Tomatoes (1 punnet)



Chorizo (1 pack)



Tomato Purée (4 tbsp)



Mozzarella (1 ball)



Italian Herbs (1½ tsp)

2 PEOPLE INGREDIENTS

- Yeast
- Water
- Flour
- Yellow Pepper, chopped
- Leek, sliced

1 pod
200ml
350g
1
½

- Cherry Tomatoes, halved
- Chorizo
- Tomato Purée
- Mozzarella
- Italian Herbs

1 punnet
1 pack
4 tbsp
1 ball
1½ tsp

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Chorizo is a fermented, cured and smoked sausage typically used to impart flavour to Spanish dishes. We love it!

Allergens: Gluten, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	953 kcal / 4024 kJ	27 g	14 g	146 g	8 g	40 g	2 g
Per 100g	194 kcal / 820 kJ	6 g	3 g	30 g	2 g	8 g	0 g



1 Mix the **yeast** with warm **water** (as stated in the ingredient list) and a pinch of **sugar** (if you have some). Put roughly four-fifths of the **flour** - you should have some left over for later - in a big mixing bowl and stir in a pinch of **salt**. Make a well in the middle of your **flour**. Tip your **yeast mixture** and a splash of **olive oil** into the well.



2 Start bringing the **flour** in from the sides with your hands and mixing it with the **liquid**. Keep incorporating your **flour** into your **liquid** and mixing everything until you have a nice squidgy ball of dough.

3 Sprinkle half your remaining **flour** on a clean, dry work surface and place your **dough** on it. Knead it for 5 mins (at least). Hold down the end of your **dough** nearest to you with your hand and use the palm of the other hand to push the rest of your **dough** away from you in a long stretching motion, fold it in half and repeat...you're now kneading!

4 Once the **dough** is ready, leave it in a bowl in a warm place for at least 15 mins to prove. **Tip:** For best results, leave it a little longer!

5 Meanwhile, pre-heat your oven to 200 degrees. Remove the core from the **pepper** and chop into 3cm chunks. Chop the base from the **leek** then slice it in half lengthways. Slice it thinly into half moon shapes. Chop the **cherry tomatoes** in half.



6 Put your chopped **veggies** in a baking tray and drizzle with **olive oil**, a pinch of **salt** and **pepper**. Pop them on the top shelf of your oven for 25 mins, tossing halfway through. At the same time, also pop an empty baking tray in your oven. **Tip:** Pre-heating the tray, ensures the pizza cooks evenly later on.

7 Heat a splash of **olive oil** in a frying pan on medium heat and once hot add the **chorizo**. Cook for a few mins until ever so slightly crispy at the edges, then take the pan off the heat.

8 When your **pizza dough** is ready, dust your work surface again with your remaining **flour**. Split the dough into two even balls, and roll each one out until thin. The base should be approximately the size of the empty baking tray. Once rolled out, move your **pizza bases** to a sheet of baking paper each. **Tip:** By having a larger piece of baking paper, it'll be easier to move each pizza to its tray later on. Spread the **tomato purée** thinly over your pizza base.



9 Once your **veggies** are soft, take them out of your oven and spread them over the **bases**. **Tip:** To prevent the pizza base getting soggy, do not add any excess water from the veggies. Turn your oven up to 220 degrees. Tear the **mozzarella** on top of your **veggies**, and sprinkle over the **Italian herbs** and **chorizo**.

10 Slide each **pizza** (still on the baking paper), onto its preheated baking tray (careful, it's hot!). **Tip:** Best to do this step with two people! One of you can hold the baking tray (with oven mittens!) whilst the other slides the pizza across. Place on the top shelf of your oven and cook for 8-10 mins. Job done!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!