

Cheese & Tomato Pizza Finger

Allergens – **Gluten**, **Milk**, **Soya**

Ingredients

Quantity	Ingredient
150 g	Pizza Base Mix (contains Wheat & Soya)
100 ml	Water (for base)
120 g	Tinned tomatoes
100 g	Fresh Tomato (sliced)
165 g	Cheddar Cheese (grated)
80 g	Onion – diced
5 g	Margarine

Method

1. Make up the pizza base as per the manufacturer's instructions.
2. Make individual pizza bases or line a tin with the pizza dough mixture.
3. Sauté the onions in the margarine, add the chopped tomatoes and mix well. Blend, if preferred, and simmer to spreadable consistency.
4. Spread mixture over the pizza base. Add sliced tomato and top evenly with grated cheese.
5. Bake in a hot oven, 200°C, 400°F, Gas Mark 6 for approximately 20 minutes until golden brown.
6. Allow to cool and slice into 'finger' portions of 35g each.

Nutritional Content per 15g portion

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 65.4	= 3.3	= 1.9	= 0.9	= 0.2	= 5.9

Portion size - Primary – 15g

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