



WHOLEMEAL PIZZA WITH OLIVES, CHERRY TOMATOES AND FRESH BASIL

FRESH MADE, WHOLEMEAL BREAD BASE, EASY SAUCE.
BIG MEDITERRANEAN FLAVOURS.

TRY THIS ONE ON YOUR FRIENDS AND THEY'LL LOVE IT!

METHOD:

1. CHOP THE ONION AND GARLIC EXTRA FINE
2. HEAT THE OLIVE OIL IN A FRYING PAN AND ADD THE ONIONS AND THE GARLIC
3. LET THAT COOK DOWN FOR ABOUT 8 MINS
4. ADD THE TOMATO PASTE AND THE CHOPPED TOMATOES AND LEAVE TO COOK FOR BIT
5. MIX THE FRESH YEAST WITH THE SUGAR AND THE WARM WATER (NOT TOO HOT!)
6. (IF USING DRIED YEAST, JUST MIX WITH THE FLOUR, BEFORE ADDING THE WATER)
7. WAIT 5-10 MINS OR SO FOR THE YEAST TO ACTIVATE AND GO FROTHY
8. ADD THIS TO THE WHOLEMEAL BREAD FLOUR
9. MIX IT UP
10. KNEAD THE DOUGH FOR A FEW MINUTES

(CONT.)

INGREDIENTS

WHOLEMEAL PIZZA
SERVES 4

FOR 4 PIZZA BASES:

- 500G WHOLEMEAL BREAD FLOUR
- 10G FRESH YEAST AND A LITTLE BROWN SUGAR
- OR 10G OF DRIED YEAST
- 350ML WARM WATER

FOR THE SAUCE:

- 1 SMALL CAN OF TOMATO PASTE
- 1 MEDIUM CAN OF CHOPPED TOMATOES
- 1 ONION
- 4 CLOVES OF GARLIC
- A SPLASH OF EXTRA VIRGIN OLIVE OIL
- A LITTLE SALT AND FRESHLY GROUND BLACK PEPPER

FOR THE TOPPING:

- FOR THE TOPPING:
- SUN-DRIED TOMATOES
- KALAMATA OLIVES
- A FEW SWEET CHERRY TOMATOES
- SOME TORN BASIL LEAVES
- PLENTY OF FRESH MOZZARELLA CHEESE





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11. LEAVE FOR 30 MINS TO RISE
12. CUT THE DOUGH INTO FOUR PORTIONS
13. STRETCH ONE PORTION OUT AND ROLL IT FLAT
14. CAREFULLY PLACE IT INTO THE PIZZA DISH AND CUT OFF THE EXCESS EDGE
15. SPREAD SOME SAUCE AND ADD THE TORN OLIVES AND SUN-DRIED TOMATOES
16. RIP AND ADD THE MOZZARELLA AND THE FRESH BASIL
17. PUT IN A PREHEATED OVEN AT MAXIMUM HEAT AND LET IT COOK FOR ABOUT 10 MINS
18. TAKE IT OUT OF THE OVEN AND IT'S READY TO SERVE

ENJOY!

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