

Eat a Rainbow Recipes

RED

Royal Pizza

Ingredients:

- 2 english muffins (split into their 2 halves)
- Small tub or tin of tomato paste
- 1 red capsicum
- ½ tomato
- Grated reduced fat cheese

Equipment:

- Chopping knife
- Cutlery knife
- Chopping board
- Baking tray
- Non-stick paper
- Oven

Method:

1. Line baking tray with non-stick paper. Place muffin halves on top, cut surface up.
2. Spread tomato paste generously over muffins.
3. Chop capsicum finely and sprinkle over muffins.
4. Place a thin slice of tomato over each pizza.
5. Sprinkle grated cheese over pizzas.
6. Place in moderate oven (180°C) and cook until capsicum is soft and the cheese has melted.

Variations:

For variety in flavour and colour, swap red capsicum for green or yellow, add diced button mushrooms, or diced pineapple for a Hawaiian pizza.