

VEGGIE GLUTEN FREE PIZZAS

RECIPE ADJUSTED FROM



INGREDIENTS

- 1 gluten free brown ciabatta roll
 - 2 tbsp tomato paste/purée
 - 40g mature cheddar cheese (50% reduced fat), grated
 - 2 mushrooms*, sliced
 - 1/4 red onion*, thinly sliced
 - 1/4 red bell pepper*, diced
 - 80g rocket, to serve
- *Or use any of your favourite veg

SERVINGS
1

PREP: 5 MIN
COOK: 8 MIN

NUTRITION

PER 1 CIABATTA ROLL PIZZA (2 HALVES)

Energy: 346 kcal (17% RI)
Fat: 12g (17% RI)
of which saturated: 4.6g (23% RI)
Carbohydrate: 32g (12% RI)
of which sugars: 13g (14% RI)
Fibre: 10g (33% RI)
Protein: 22g (44% RI)
Salt: 1.2g (20% RI)
Calcium: 550mg (55% NRV)* for coeliac
Iron: 2mg (14% NRV)

METHOD

1. Preheat the oven to 200°C/180°C Fan/Gas Mark 6.
2. Slice the roll lengthways and spread tomato purée across both halves.
3. Sprinkle the grated cheese over the tomato purée.
4. Top with the sliced mushrooms, onions, peppers and rocket.
5. Place the rolls in the oven for 8 minutes or until the cheese has melted.
6. Serve with the rocket.

High in
vitamin C

High in
fibre

Source of
Calcium

