



NO-YEAST PIZZA WITH GREENS PESTO AND HERB TOMATO SAUCE

Season:	Anytime
From the garden:	Parsley, spinach, kale, broccoli, oregano, tomatoes (frozen)
Type:	Dinner
Difficulty:	Medium
Country of origin:	Italy
Serves:	3 x 32 cm pizzas
Source:	Andrea Habacht, GTT kitchen specialist, Oropi school

Equipment

- *bowls and wooden spoon
- *measuring cup and spoons
- *chopping board and knife
- *rolling pin
- *saucepan
- *food processor
- *round pizza baking trays

Ingredients

For the dough:

- *3 cups plain flour
- *3 tsp baking powder
- *around 1 ¼ cup water
- *1 tbsp oil
- *1 tsp salt

For the pesto:

- *large handful of greens
- *½ broccoli
- *small handful of parsley
- *2 garlic cloves
- *3 tbsp toasted sunflower seeds
- *1/3 cup vegetable oil
- *½ tsp salt

Tomato sauce:

- *1 onion
- *400 g fresh, frozen or tinned tomatoes

- *3 tbsp tomato paste**
- *1 tsp dried basil or oregano**
- *1 tsp salt and pepper to taste**
- *1 tbsp chopped fresh herbs**

Method:

- 1.preheat oven to 250 degrees**
- 2.add the ingredients for the dough into a bowl and mix with a wooden spoon. Add a bit more water or flour until the dough looks right. Dip it on the bench and knead until smooth. Let it rest for around 10 minutes**
- 2.for the pesto add all the ingredients into the food processor bowl and blitz until smooth. Add a bit more oil if the pesto looks to dry**
- 3.for the tomato sauce chop the onion finely and fry in a little oil until softened**
- 4.add the tomatoes, paste, herbs and seasoning and let the sauce simmer for at least 20 minutes**
- 5.divide the pizza dough into 3 portions and roll out thinly on a floured surface so it fits the pizza trays**
- 6.spread the tomato sauce over the pizzas and dollop the pesto around**
- 7.add any other toppings you fancy and sprinkle over some cheese**
- 8.bake the pizzas for 10-15 minutes until the base is crisp and browned**

Skills: *measuring, chopping, rolling, using a food processor*