



NO-YEAST PIZZA WITH CORIANDER PESTO AND CAPSICUM

Season:	Summer, autumn
From the garden:	Coriander, parsley, capsicum
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
- *frying pan
- *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 coriander
- *small handful of parsley
- *2 clove garlic
- *3 tbsp toasted sunflower seeds
- *1/2 cup vegetable oil
- *½ tsp salt

Topping:

- *3 large red capsicum
- *1 red onion
- *3 cups grated cheese

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. cut the capsicum in half lengthwise and remove the seeds. Cut into thin strips
4. peel the onion and slice
5. fry the capsicum and onion with a little oil until softened
6. divide the dough into 3 portions and roll out thinly on a floured surface so it fits the pizza trays
7. spread the pesto over the pizzas and top with the capsicum/onion mixture
8. sprinkle over the cheese
9. bake the pizzas for 10-15 minutes until the base is crisp and browned

Notes: Other greens like rocket or spinach can be used in the pesto.

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