**Quick rainbow pizza served with carrot salad**

**Ingredients**

**For the base**

Oil for greasing

*150g self-rising flour (wholemeal if possible)*

*100ml water*

**For the topping**

*3-4 tablespoons tomato sauce (passata or chopped tomatoes)*

*2 Peppers (yellow and red)*

*1 bunch of spinach (or your favourite greens)*

*½ red onion*

*3- 4 mushrooms*

*50g cheddar or mozzarella*

*Sweetcorn (optional)*

*7- 8 olives (optional)*

*1 tsp mixed dried herbs or oregano*

**Equipment:**

Baking tray

• Weighing scales

• Mixing bowl

• Rolling pin

• Chopping board

• Grater

• Oven gloves

**Method**

**1.** Preheat the oven to 200°C / gas mark 6.

**2.** Grease a baking tray

**3.** Sift the flour into a bowl

**4.** Mix the flour with water to form a soft dough ball

**5**. Roll out the dough on a floured surface to form a circle

(about 30cm diameter).

**6.** Transfer the dough onto the baking tray.

**7.** Spread the tomato pizza sauce over the base of the pizza

with the back of a spoon.

**8.** Peel and slice half an onion.

**9.** Slice the mushrooms. Arrange the sliced pepper, onion, and

mushroom over the base.

**10.** Grate the cheese or the mozzarella over the pizza.

**11.** Place in the oven and bake for 10 – 15 minutes, until golden brown

**Carrot Salad**

**Ingredients**

2 medium carrots

1 small red onion

50g raisins

**For the Dressing**

1 tbsp. fresh parsley

Few fresh basil leaves

2 tbsp. olive oil

Juice of 1 lemon or 1 orange

¼ tsp salt

Pepper

**Method**

**1.** Peel and then grate the carrots finely.

**2.** Peel and then chop, or grate, the onion.

**3.** Place carrot, raisins and onion in a medium sized serving

bowl.

**4.** Wash and chop the parsley and basil leaves and stir into

the carrot mixture.

**5.** Peel and crush the garlic.

**6.** In a small bowl mix together the olive oil, lemon or orange juice,

pinch of salt and pepper.

**7.** Pour over the carrot mixture and mix well.