

## Quick pizza (Serves 4)

### Ingredients: for tomato sauce:



- 1 tablespoon olive oil
- 1 onion
- 1 clove garlic
- 1 tin of chopped tomatoes or 8 tomatoes, chopped
- 1 tablespoon tomato purée
- Freshly chopped herbs (e.g.

parsley, basil)

Base: Pitta bread, French bread or muffins

Toppings: Cheese, mushrooms, peppers etc.



### Method:

1) Peel and finely chop the onion.



4) Reduce sauce until it is thick.  
Then stir in tomato purée and herbs.  
Use straight away or chill.



2) Heat the oil in a saucepan and add the onions.  
Sauté until the onion starts to soften (5-10 mins).



6) Spoon sauce onto base. Add toppings: grated cheese, peppers, mushrooms etc.



3) Peel and crush / chop the garlic.  
Add garlic and tomatoes to pan and bring to the boil, stirring.



7) Grill or bake in the oven (medium heat) until cooked.

