



SUN DRIED TOMATO & OLIVE PIZZA

Prep. time 10 minutes | Cooking time 40 minutes | Pre-heat 180°C | Serves 1

Sheese and pizza are a match made in heaven, thanks to its melty goodness and healthier contents. It's lower fat than regular cheese so don't be sparing on the portions.

Ingredients

For the pizza base

- 1 + 1/2 cups of water
- 1/2 teaspoon each of paprika, dried oregano and mixed herbs
- Black pepper and salt
- Pinch of cayenne pepper and garlic powder
- 1/4 cup quick-cook polenta
- 1 teaspoon olive oil

For the topping

- 4 tablespoons tomato puree mixed with extra black pepper, dried herbs and chilli salt
- 2 slices Mild Cheddar Style Sheese Slices
- A few spinach leaves
- 2 tablespoons black olives, sliced
- A few sun-dried tomatoes, sliced
- 2 tablespoons pine nuts

Cooking Method

For the base

- Place the water in a small pan with the herbs, spices and seasoning and bring to the boil.
- Add the polenta and whisk continuously while cooking on a medium heat for about 5 minutes until it starts to thicken.
- Add the olive oil, keep whisking, then pour into a lightly greased and lined 20cm shallow cake tin and spread out evenly.
- Bake for about 20-25 minutes until firmed up and nicely golden.

For the topping

- Remove the base from the oven. Spread the seasoned tomato puree, leaving a gap around the edges.
- Arrange the Sheese Slices to nearly cover, then scatter the spinach leaves, black olives and sun-dried tomatoes over that.
- Bake for 10 minutes, then sprinkle the pine nuts over and continue baking for a further 5 minutes.
- Now slice up and serve!

