

## COMPLETE MEAL

### Hawaiian Pizza

A firm favourite of pieces of succulent gammon and diced pineapple on a rich tomato based pizza.

**Makes 10 portions (97g/portion)**

#### Ingredients

<b>228g</b>	<b>4 Green Gourmet Cooked Gammon Steaks 57g (GG code – 7756Y)</b>
250g	bread mix
100g	grated cheese
75g	chopped drained pineapple

#### Pizza sauce

11g (1 tblsp)	oil
50g (½ medium)	onion, diced
3g (1 clove)	garlic, diced
120g (1 large)	carrot, grated
250g	chopped tomatoes, tinned
25g (1 tblsp)	tomato puree
3g (1 tblsp)	dried mixed herbs

#### Method

1. In a saucepan fry the onion and garlic in the oil.
2. Add the chopped tinned tomatoes and juice, tomato puree, grated carrot and mixed herbs. Simmer until the sauce thickens and vegetables are soft. Allow to cool.
3. Place the bread mix in a mixer bowl fitted with a dough hook. Blend in the warm water and mix to manufacturers instructions.
4. Roll out the dough to a rectangle 25cm x 35cm (10" x 14"). Place in a greased 25cm x 35cm (10" x 14") tin. Prick with a fork. Leave to prove to desired thickness.
5. Bake in a preheated oven 220°C/425°F/Gas Mark 7 for 8-10 minutes, until well risen & lightly golden.
6. Dice the Green Gourmet Cooked Gammon Steaks.
7. Spread the tomato sauce over the part-baked base. Scatter over the diced Green Gourmet Cooked Gammon Steak, grated cheese and pineapple. Return to the oven for a further 10-15 minutes.

#### Serving Suggestions

Serve with a green salad. Vary the flavours by using peppers, sweetcorn or mushrooms. Great for a grab and go morning break item.

#### Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
<b>235.2</b>	<b>4.6</b>	<b>1.8</b>	<b>15.6</b>	<b>1.9</b>	<b>1.4</b>
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
<b>10.8</b>	<b>1.0</b>	<b>1.0</b>	<b>149.3</b>	<b>227.2</b>	<b>3.2</b>
Folate (µg)	Sodium (mg)				
<b>15.4</b>	<b>467.8</b>				

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