

# COOKING UP

## FRYING PAN PIZZA

We all love pizza! This version is so easy and quick to make and you don't need to turn on the oven.

SERVES 2



### INGREDIENTS

250g self-raising flour  
4 tablespoons vegetable oil  
1 medium red onion  
½ red pepper  
½ x 400g tin chopped tomatoes  
1 garlic clove  
Pinch dried oregano  
50g mature cheddar cheese  
Handful of olives (optional)  
Salt & pepper

### EQUIPMENT

Large mixing bowl  
Rolling pin  
Measuring jug  
30cm frying pan with lid  
Knife  
Chopping board  
Measuring spoons  
Fork  
Wooden spoon  
Grater

### ALLERGENS

Milk, Gluten

### TIP

You can easily adapt this recipe to include all your favourite pizza toppings



### METHOD

- 1 Peel the onion and slice finely. Place the garlic clove on the chopping board and squash with the back of a wide-bladed knife; remove the skin and chop finely. Finely slice the pepper, taking care to remove seeds and pith.
- 2 Place 1 tablespoon of the vegetable oil in the frying pan and heat over a medium heat. Add the sliced onion and pepper, stir and cook for 5-8 minutes until soft. Add the crushed garlic and cook for a further minute. Season with salt, pepper and a pinch of dried oregano.
- 3 While the vegetables are cooking, make the pizza dough: place the flour in the mixing bowl, make a well in the centre and add 3 tablespoons of vegetable oil, then add approximately 90ml of warm water to form a soft dough. Knead for just 1 minute on a floured surface and then roll into a round to fit the size of the frying pan (just under ½ cm thick).
- 4 Grate the cheese. Drain some of the liquid from the tinned tomatoes and mash lightly with a fork.
- 5 Transfer the cooked vegetables onto the board and then carefully lift the rolled-out dough into the frying pan, pressing down lightly with your fingers. Cook over a medium heat for approximately 5-8 minutes or until the base is golden.
- 6 Flip the pizza base over and then spread the tomatoes over the dough leaving a 1cm border. Scatter over the cooked vegetables, followed by the grated cheese and olives, if using. Place the lid on the pan and cook over a medium heat for another 4-8 minutes, or until the cheese has melted and the base is crispy.
- 7 Slide the pizza out onto a board and serve.

This recipe is adapted from a Jamie Oliver recipe.



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