



MARGARITA PIZZA & LENTIL SAUCE

Vegetarian Main / Grab & Go: This recipe provides a portion of starchy food and a portion of dairy. It counts towards the standards to provide a portion of starchy food and dairy each day.

Recipe adapted from: ISS Education

Ingredients

Lentil and tomato pizza sauce:

4ml vegetable oil
40g onion, peeled and chopped
20g garlic, peeled and crushed
800g tomatoes, canned, chopped
120g tomato purée
1.6g ground black pepper
4g granulated Sugar
80g red lentils
400ml water

Pizza base:

11ml (1tbsp) vegetable oil
700g white bread and roll mix
700g wholemeal bread and roll mix
700ml tap water
200g courgette, peeled and grated
200g carrots, peeled and grated
600g grated mozzarella and Cheddar cheese mix

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose hard yellow cheese which has a maximum total fat content of 25g/100g and bread with less than 1.0g salt/100g.

Method

1. Pre-heat oven to 180°C/350°F/gas mark 4.
2. Prepare lentil and tomato sauce by heating the oil in a large pan over a medium heat, then add the onions and fry for 5 minutes, then add the garlic and fry for a further minute, then add the tomatoes, tomato paste, pepper and sugar. Add the lentils and water, stir well and bring to the boil. Reduce the heat and simmer for 45 minutes. Purée mixture with a blender
3. Grease suitable oven trays using a little vegetable oil.
4. Prepare the bread mix as per packet instructions and mix in the grated vegetables.
5. Spread a suitable portion of bread mix into each prepared tray.
6. Spread a suitable amount of pizza sauce on top then sprinkle over the cheese.
7. Place in the oven for 18-20 minutes or until cooked through and golden underneath.
8. Cut into 20 or 24 portions.

Serving suggestion: with tomato lentil sauce topping.



Number of portions this recipe makes:

24 primary servings (200g)
20 secondary servings (235g)



Prep: 15 minutes
Cook: 20 minutes



Allergy information:

Milk, soya, wheat (gluten)



Top Tips

Vary seasonal vegetables.